Fight harmful BAC(teria) at Home!

Make the meals and snacks from your kitchen as safe as possible. **CLEAN:** wash hands and surfaces often; **SEPARATE:** don't cross-contaminate; **COOK:** to safe internal temperatures; and **CHILL:** refrigerate promptly. Follow these food safety steps when cooking at home to keep your family safe from food poisoning!

ADDITIONAL RESOURCES

FoodSafety.gov is the gateway to food safety information provided by government agencies.

USDA Meat & Poultry Hotline:
1-888-MPHotline (1-888-674-6854)

FDA Food Information Line:
1-888-SAFEFOOD (1-888-723-3366)

The Partnership for Food Safety Education develops and promotes effective education programs to reduce food poisoning risk for families.

Downloadable brochures, fact sheets and kids' activities are available for free at **www.fightbac.org.**

Partnership for Food Safety Education

Apply the heat... and Fight BAC!®

Cooking food to the safe internal temperature kills harmful bacteria. So Fight BAC!® by thoroughly cooking your food as follows:

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer	
Beef, pork, veal and lamb (roast, steaks and chops)	**145°F** with a three-minute "rest time" after removal from the heat source
Ground meats	**160°F**
Poultry (whole, parts or ground)	**165°F**
Eggs and egg dishes	**160°F**, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	**165°F**
Finfish	**145°F**
GUIDELINES FOR SEAFOOD	
Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

Fight BAC!

Fight Foodborne Bacteria

Four Simple Steps to Food Safety

www.fightbac.org

Foodborne bacteria could make you and those you care about sick. In fact, even though you can't see, smell or taste harmful bacteria, it could have already invaded the food you eat. But you have the power to Fight BAC!®

Food poisoning can strike anyone. Some people are at a higher risk for developing serious foodborne illness, including pregnant women, young children, older adults and people with weakened immune systems. For these people, the following four simple steps are very important.

CLEAN

Wash hands and surfaces often. Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, countertops, and food. To help prevent food poisoning, always use food safety practices.

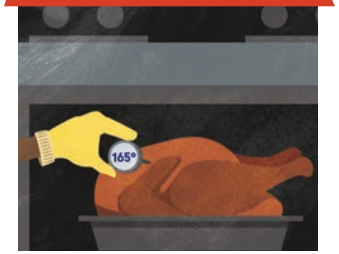
- Wash your hands with soap and warm water for 20 seconds before and after handling food as well as after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and countertops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Scrub firm-skinned fruits and vegetables with a clean vegetable brush under running water.

SEPARATE

Don't cross-contaminate. Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene: wash hands with soap and warm water, and wash cutting boards, dishes, countertops and utensils with hot soapy water.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

COOK



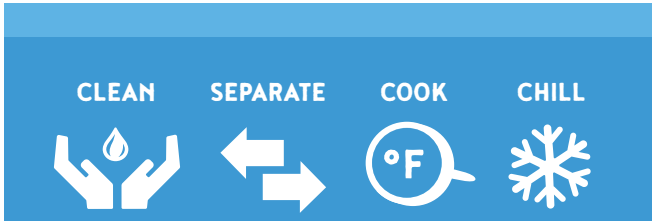
Cook to safe temperatures. Food is cooked safely when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness. Refer to the chart on the back of this brochure for the proper internal temperatures.

- Use a food thermometer to measure the internal temperature of cooked foods. Make sure meat, poultry, egg dishes, casseroles and other foods are cooked to the internal temperature shown in the chart on the back of this brochure.
- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches the safe internal temperature as measured with a food thermometer.
- Bring sauces, soups and gravy to a boil when reheating.

CHILL

Refrigerate promptly. Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40 °F or below is one of the most effective ways to reduce the risk of food poisoning. Use an appliance thermometer to be sure the temperature is consistently 40 °F or below. The freezer temperature should be 0 °F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis.



Best Practices

KITCHEN & FOOD SAFETY FACT SHEET

Texas A&M AgriLife Extension

BASIC GUIDELINES

- No running around the preparation area
- Keep trash off the floor and counters
- Sanitize all work surfaces prior to starting food preparation
- Start with clean utensils, totes, and equipment/supplies
- Place eggs in a small bowl to prevent them from rolling onto the floor before you can use them
- Before preheating an oven, move oven racks to the needed positions
- Keep raw foods separate from ready to eat foods
- Be sure an appliance is in the "off" position before plugging it in.
- Keep portable appliances unplugged when not in use
- Avoid using any appliance with a frayed or worn cord
- Use a barrier when handling foods if possible. (Gloves, spoons, spatulas, tongs, deli tissue, wax paper etc.) Both gloves and a utensil are not necessary when serving/preparing food, only one barrier is needed.
- Gloves may only be used for one task and must be changed if damaged or anytime they become contaminated. This includes if a participant touches a part of their exposed skin, raw meats and unwashed foods, or if they perform a task such as touching trash, cords, cleaning tools, etc.
- Hold by the edges to put on hands, do not blow into them or roll them up your hands
- Have gloves that fit, and are not too big
- Wipe up all spills immediately with paper towel, cloth or mop
- Keep cupboard doors and drawers closed unless in use
- Turn handles of sauce pans away from the walk area when being used
- Clean and sanitize utensils between uses
- Dry hands well before using electric cords or appliances
- Use only dry hot pads or oven mitts, damp ones conduct heat
- Always open oven, stove or microwave door/lid a crack to vent some steam before looking and tilt lid away from you so steam is released away from your face
- Use a thermometer to determine doneness of foods, clean and sanitize after each use.
- Insert thermometer at least two inches into the thickest part of the food avoiding fat and bones.
- For thinner foods, place the thermometer through the side of the food or between two pieces.
- Thermometers are not designed to remain in the food while it is cooking but should be used near the end of the estimated cooking time to check for final cooking temperatures.
- Color and texture are not indicators of doneness.
- Have a plan for where you'll go with a pan when you take it out of the oven or off the stovetop,
- Have cooling racks and counter savers in place
- Always turn the burners/skillets off when finished
- Disconnect appliances by pulling out the plug, not by tugging on the cord
- Unplug small appliances before cleaning
- Always use a cutting board to protect yourself and the counter
- Do not hold the food in your hand to cut it, even if it is only an apple
- Wash knives and sharp objects separately
- Never place knives in sink filled with soapy dish water
- Store knives in a special compartment or holder

PERSONAL HYGIENE

Have hair restraint cap, chef's hat, bandana, visor, or hair net etc. (keeps hair from contacting exposed food)

No jewelry or big ear rings (risk of contamination)

Do not wear clothing that is loose or drapes below your wrists

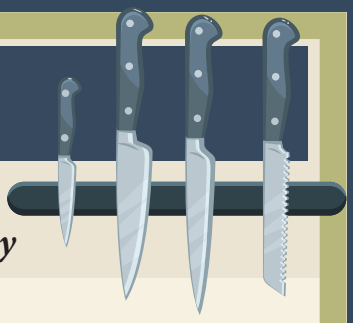
No chewing gum or eating while prepping or presenting

Open cuts/sores MUST be completely covered with waterproof bandage AND covered with a glove if on the hand

Do not compete if you have persistent discharge from eyes, nose and mouth or are exhibiting symptoms of a foodborne illness (ie. vomiting and/or diarrhea)

Use clean aprons/clothing and closed toed shoes

KNIFE SAFETY



Select the correct knife for the job and cut into the cutting board away from your body

CHEF'S KNIFE

A chef's knife is usually the largest knife in the kitchen, with a wide blade that is 8" to 10" long. Choose a knife that feels good and balanced in your hand. The knife should have a full tang. This means that the blade should go all the way through the handle for the best wear and stability.

PARING KNIFE

Paring knives are generally 2-1/2-4" in length. The most often used knife in the kitchen. It is ideal for peeling and coring fruits and vegetables, cutting small objects, slicing, and other hand tasks.

UTILITY KNIFE

Utility knives are longer than paring knives but smaller than chef's knives, usually around 5-8" long. They are also called sandwich knives because they are just the right size for slicing meats and cheeses.

BONING KNIFE

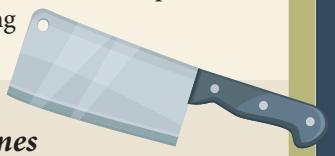
This knife has a more flexible blade to curve around meat and bone. Generally 4-5" long.

BREAD KNIFE

Bread knives are usually serrated. Most experts recommend a serrated knife that has pointed serrations instead of wavy serrations for better control and longer knife life. You must use a sawing motion when using a serrated knife.

CAN OPENER

Used to open sealed metal cans. Hold the handle of the can opener, not the sharp edge. After the lid has been cut off the can, pick it up carefully and discard. Look for pieces of the label or metal shavings from the can in the food after opening (physical contamination)



Keep Knives sharp!
Sharp knives are safer than dull ones

PREVENTATIVE MEASURES

PREVENTING FIRE

Keep a fire extinguisher in the kitchen & know how to use it

Avoid leaving the kitchen if you have food cooking or baking, if you must leave, carry a timer with you to remind you to return on time

Always turn the oven or stove top to off when finished

Smother a grease fire with a tight-fitting lid, never use water it will spread

Clothing on fire: remember stop, drop, roll to smother it

ELECTRIC SHOCK

Avoid using any appliance with a frayed or worn cord

Keep portable appliances unplugged when not in use

Be sure an appliance is in the "off" position before plugging it in

Never insert metal utensils in electrical appliances that are plugged in

TEXAS A&M AGRILIFE EXTENSION

Know Your Nutrients

Julie Gardner, MEd.
Extension Program Specialist
Healthy Lifestyles
4-H Youth Development
Texas A&M AgriLife Extension

Reviewed By:
Danielle Krueger, MPH, RD, LD

Minerals

Calcium
Chromium
Copper
Flouride
Iodine
Iron
Magnesium
Phosphorus
Selenium
Zinc

Electrolytes

Sodium
Chloride
Potassium
Water

Macro Nutrients

Protein
Fat
Carbohydrates
Fiber

Fat Soluble Vitamins

Vitamin A
Vitamin D
Vitamin E
Vitamin K

Water Soluble Vitamins

Vitamin C
Vitamin B1 (Thiamin)
Vitamin B2 (Riboflavin)
Vitamin B6
Vitamin B12
Niacin
Folate

Texas A&M AgriLife Extension

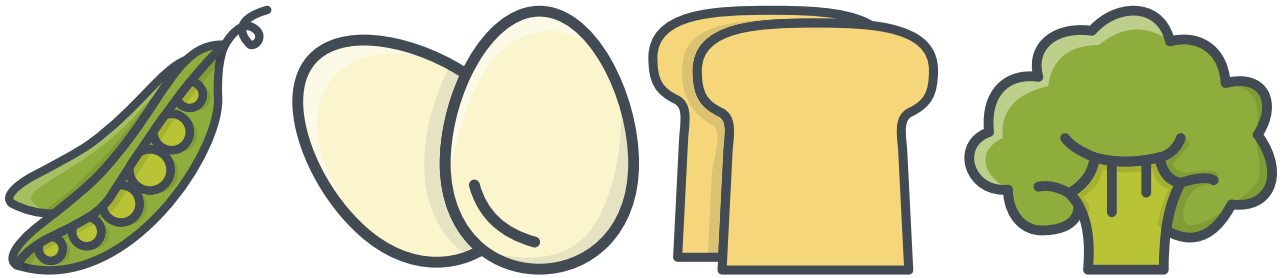
MACRO NUTRIENTS

PROTEIN
FAT
CARBOHYDRATE
FIBER

LET'S TAKE A CLOSER LOOK...

PROTEIN		FIBER	
AMINO ACIDS Protein is found in plant and animal foods. Protein is made up of units called amino acids, which are linked to one another in long chains. The sequence of amino acids determines each protein's unique structure and function. There are 20 different amino acids in two categories:		**DIETARY FIBER** Dietary fiber, or fiber, is a type of carbohydrate found in plant foods. Dietary fiber is bound together in such a way that it cannot be readily digested in the small intestine. There are two classifications of dietary fiber:	
ESSENTIAL AMINO ACIDS are required for normal body functioning, but cannot be made by the body. They must be obtained from food. Nine are considered essential.	**NONESSENTIAL AMINO ACIDS** can be made by the body from essential amino acids consumed in food or in the normal breakdown of body proteins. Eleven are considered nonessential.	**SOLUBLE FIBER** dissolves in water to form a thick gel-like substance in the stomach. It is broken down by bacteria in the large intestine and provides some calories.	**INSOLUBLE FIBER** does not dissolve in water and passes through the gastrointestinal tract relatively intact and, therefore, is not a source of calories.

FOOD SOURCES



MACRO NUTRIENTS	**FUNCTION:** *What does it do?*	**SOURCES:** *Where is it found?*	**DEFICIENCY:** *What happens if I don't get enough?*
Protein	• Builds and repairs all body tissue • Helps build blood • Helps form antibodies to fight infection • Supplies energy at 4 calories per gram	• Animal Protein: meat, fish, poultry, eggs, milk, cheese, yogurt • Nuts and nut butters • Soy • Vegetable Protein: legumes (peas, beans), whole grain breads and cereals	• Fatigue • Loss of appetite • Edema • Poor growth
Fat	• Transports fat-soluble vitamins (A,D,E,K) and essential fatty acids needed for body's proper use and storage of fat • Supplies energy at 9 calories per gram	• Butter or Margarine • Egg yolk • Meat with fat • Shortening or oil • Palm and coconut oil • Salad dressing • Whole milk dairy products	• Eczema • Stunted growth • Diarrhea • Loss of hair
Carbohydrate	• Supply glucose to spare protein • Help the body use other nutrients • Good source of energy • Supplies energy at 4 calories per gram to all body cells	• Bananas • Breads and cereals • Corn • Dried fruits • Flours and cornmeal • Honey • Pasta • Potatoes and sweet potatoes • Sugar, syrup, jam, and jellies • Rice	• Loss of energy • Fatigue • Ketosis
Fiber	• May help lower cholesterol • Improves bowel motility (moves food through digestive tract) • Gives feeling of fullness without extra calories, promoting satiety and weight loss	• Beans • Broccoli • Carrots • Enriched grain products such as: cereals, bread, noodles, tortillas, brown rice, oatmeal • Peas • Spinach • Whole grains	• Diarrhea

WATER SOLUBLE VITAMINS

VITAMIN C
VITAMIN B1
(THIAMIN)
VITAMIN B2
(RIBOFLAVIN)
NIACIN
VITAMIN B6
VITAMIN B12
FOLATE

LET'S TAKE A CLOSER LOOK...

Vitamins

Vitamins are essential substances that the human body needs for proper growth, development, and function. Vitamins are organic substances which are made by plants and animals and then eaten by humans..

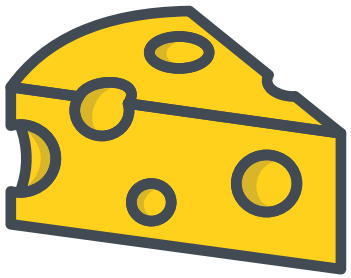
There are 13 known vitamins:
A,C,D,E,K, and the B vitamins (thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxal (B6), cobalamin (B12), biotin, and folate/folic acid.
Vitamins are classified as water soluble and fat-soluble.

Water Soluble Vitamins

Water Soluble vitamins require water for absorption into the body.
The body flushes out excess water soluble vitamins in the urine.

FOOD SOURCES






WATER SOLUBLE VITAMINS	FUNCTION: *What does it do?*	SOURCES: *Where is it found?*	DEFICIENCY: *What happens if I don't get enough?*
Vitamin C	• Antioxidant • Collagen and connective tissue formation • Immune function • Wound healing • Promotes iron absorption	• Broccoli and brussels sprouts • Citrus fruits and juices • Green leafy vegetables • Green or red peppers • Kiwifruit or strawberries • Tomatoes	• Sore or bleeding gums • Poor wound healing • Pain in joints, bones, & muscles • Bruising easily • Hair and tooth loss
Vitamin B1 (Thiamin)	• Helps produce energy from carbohydrates in all cells • Nervous system function	• Beans, Peas and Lentils • Nuts and seeds • Pork • Whole and enriched grain products	• Poor appetite • Constipation • Depression • Cardiac failure
Vitamin B2 (Riboflavin)	• Helps produce energy from carbohydrates in all cells • Growth and development • Red blood cell formation	• Eggs • Enriched grain products • Meats, poultry, and seafood • Milk and Yogurt • Mushrooms	• Sore tongue and mouth, swelling also • Burning and itching eyes
Niacin	• Cholesterol production • Helps produce energy from carbohydrates in all cells • Digestion • Nervous system function • Promotes normal appetite	• Beans • Beef • Nuts • Pork, poultry, and seafood • Whole and enriched grain products	• Loss of appetite • Diarrhea • Dermatitis (skin irritations) • Confusion and Disorientation • Anxiety
Vitamin B6	• Immune function • Nervous system function • Protein, carbohydrate, and fat metabolism • Red blood cell formation • Turns tryptophan into niacin	• Chickpeas • Fruits (other than citrus) • Potatoes • Salmon • Tuna	• Anemia • Nervous irritability • Dermatitis (skin irritations) • Convulsions • Weakness • Abdominal pain
Vitamin B12	• Conversion of food into energy • Nervous system function • Red blood cell formation • Regeneration of folate	• Dairy Products • Eggs • Fortified cereals • Meats, poultry, and seafood	• Anemia • Nerve damage
Folate	• Prevents neural tube defects (birth defects) • Red blood cell formation	• Asparagus • Avocado • Beans and peas • Green leafy vegetables • Orange juice	• Anemia • Fatigue • Brain and Spinal cord defects in infants due to mother's deficiency during pregnancyw

FAT SOLUBLE VITAMINS

VITAMIN A
VITAMIN D
VITAMIN E
VITAMIN K

LET'S TAKE A CLOSER LOOK...

Vitamins

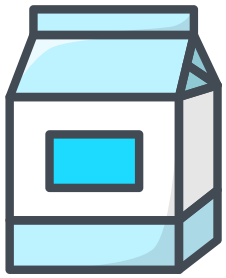
Vitamins are essential substances that the human body needs for proper growth, development, and function. Vitamins are organic substances which are made by plants and animals; they are then eaten by humans.

There are 13 known vitamins:
A,C,D,E,K, and the B vitamins (thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxal (B6), cobalamin (B12), biotin, and folate/folic acid.
Vitamins are classified as water soluble and fat-soluble.

Fat Soluble Vitamins

Fat soluble vitamins require fat for absorption and are stored in the liver and adipose (fatty tissue) of the body. By storing fat soluble vitamins in fatty tissues, the body can tap into these reserves when needed. Fat soluble vitamins are not excreted easily and when eating excess amounts levels can build up and become toxic.

FOOD SOURCES

FAT SOLUBLE VITAMINS	**FUNCTION:** *What does it do?*	**SOURCES:** *Where is it found?*	**DEFICIENCY:** *What happens if I don't get enough?*
Vitamin A	• Normal cell growth and development • required for immune function • supports reproduction • Promotes vision • Protects from infections • Red blood cell formation • Skin and bone formation • Helps keep skin healthy	• Cantaloupe • Carrots • Dairy products • Eggs • Fortified cereals • Green leafy vegetables • Pumpkin • Red peppers • Sweet potatoes	• Faulty bone and tooth development in infants • Poor growth • Night blindness
Vitamin D	• Promotes absorption of calcium and phosphorus • Helps keep bones and teeth strong • Helps cell growth • Immune function • Nervous system function	• Eggs • Exposure to sunlight • Fish • Fish liver oil • Fortified cereals and dairy products • Fortified orange juice • Fortified soy beverages	• Rickets (soft, fragile bones, enlarged joints, bowed legs) • Chest, spinal and pelvic bone deformities • Convulsions
Vitamin E	• Formation of red clood cells • Acts as an antioxidant to protect essential fatty acids and vitamin A	• Fortified cereals and juices • Green vegetables • Nuts and seeds • Peanuts and peanut butter • Vegetable oils	• Anemia in premature infants • Problems of nervous system
Vitamin K	• Assists in blood clotting • Regulates calcium metabolism	• Butterfat (is synthesized in intestine by beneficial bacteria) • Deep green leaves (alfalfa, spinach, cabbage) • Egg yolk • Liver	• Impairs blood clotting • May reduce bone strength

MINERALS

CALCIUM
CHROMIUM
COPPER
FLOURIDE
IODINE
IRON
MAGNESIUM
PHOSPHORUS
SELENIUM
ZINC

LET'S TAKE A CLOSER LOOK...

MINERALS

Minerals are essential substances that the human body needs for proper growth, development, and function. Minerals are inorganic substances that are not made by living things, but rather are found naturally in soil and water.
Minerals are absorbed by plants which are then eaten by humans or other animals. Humans can obtain minerals through plants or by eating animal products.

Only some minerals (listed below) are essential for body processes and functions. The other trace minerals not listed are not essential for the body and fuctions.
Minerals can be broken down into two categories:

MAJOR MINERALS
(needed in 100 milligrams per day or more)

calcium
phosphorus
magnesium
sulfur

TRACE MINERALS
(required in much smaller amounts by the body)

iron
iodine
zinc
chromium
maganese
selenium
fluoride
copper

FOOD SOURCES




MINERALS	FUNCTION: *What does it do?*	SOURCES: *Where is it found?*	DEFICIENCY: *What happens if I don't get enough?*
Calcium	• Blood clotting • Bone and teeth formation • Muscle and heart contraction • Nervous system function	• Dried peas and beans • Fortified juice and soy milk • Greens (kale, broccoli, collards, etc.) • Milk and dairy products	• Abnormal heart rhythms • Fragile bones • Osteoporosis
Chromium	• Insulin function • Protein, carbohydrate, and fat metabolism	• Broccoli • Fruits and fruit juices • Meats and turkey • Whole grains	• Inability of cells to use glucose for energy
Copper	• Collagen and connective tissue formation • Aids in red blood cell formation from iron stores • Nervous system function	• Crustaceans and shellfish • Nuts and Seeds • Organ meats such as liver • Whole grains and Lentils	• Anemia
Flouride	• Makes teeth resistant to decay; most effective in young children	• Water (1 part per million is added to some municipal water supplies)	• None known
Iodine	• Growth and development • Metabolism • Thyroid hormone production	• Iodized table salt (76 ug/g of salt) • Seafood	• Stunted growth • Endemic goiter
Iron	• Growth and development • Immune function • Red blood cell formation • Helps change beta carotene to vitamin A • Produces collagen	• Beans and peas • Dark green vegetables • Meats, poultry, and seafood • Raisins • Whole grain, enriched, and fortified breads	• Anemia
Magnesium	• Immune function • Muscle contraction • Normal heart rhythm • Aids in making body proteins • Structural component of bones and teeth • Regulates blood glucose levels and blood pressure	• Avocados and Potatoes • Bananas • Beans and peas • Dairy products • Green leafy vegetables • Nuts and seeds • Wheat bran and whole grains	• Tremors • Growth failure
Phosphorus	• Builds strong bones and teeth • Energy production and storage	• Beans and peas • Dairy products • Meats, poultry, and seafood • Nuts and seeds • Whole grain, enriched, and fortified breads	• Bone loss • Pain
Selenium	• Antioxidant • Promotes immune function • Promotes thyroid function	• Eggs • Enriched pasta and rice • Meats, poultry, and seafood • Nuts and seeds • Whole grains	• Brittle hair and nails • Hair loss
Zinc	• Promotes tissue growth and development • Immune function • Nervous system function • Protein formation • Wound healing	• Beans and peas • Beef, poultry, and seafood • Dairy products and fortified cereals • Nuts • Whole grains	• Poor wound healing • Decresed taste ability

ELECTROLYTES

SODIUM
CHLORIDE
POTASSIUM
WATER

LET'S TAKE A CLOSER LOOK...

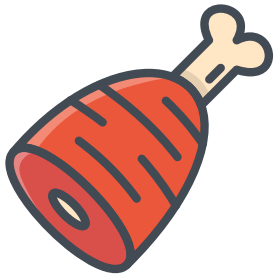
Electrolytes

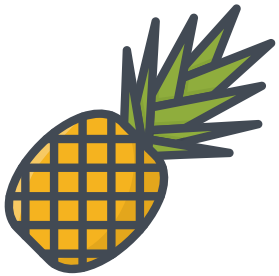
Electrolytes are minerals in body fluids such as blood, tissues, sweat and urine.
Electrolytes help to transmit nerve impulses in your body.
Electrolytes include sodium, potassium, and chloride.
When dehydrated, the body does not have enough fluid and electrolytes to function properly.

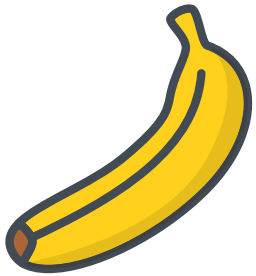
Electrolytes help:

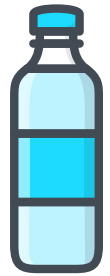
- Balance the amount of water in the body
- Balance the body's acid/base (pH) level
- Move nutrients to cells
- Move wastes out of cells
- Help nerves, muscles, the heart, and brain function properly

FOOD SOURCES









ELECTROLYTES	FUNCTION: *What does it do?*	SOURCES: *Where is it found?*	DEFICIENCY: *What happens if I don't get enough?*
Sodium	• Regulates fluid balance • Influences blood pressure and blood volume • Muscle contraction • Nervous system function	• Breads and rolls • Cheese • Cold cuts and cured meats • Mixed meat dishes • Mixed pasta dishes • Pizza • Poultry • Sandwiches • Savory snacks • Soups • Table Salt	• Fatigue • Profuse sweating • Muscle cramps • Dizziness • Nausea • Diarrhea
Chloride	• Regulates fluid balance • Helps nerve transmission.	• Celery • Green leafy vegetables • Lettuce • Olives • Pineapple • Rye • Table salt and sea salt • Tomatoes	• Heat cramps • Hair loss • Tooth loss • Muscle cramps
Potassium	• Normalizes blood pressure regulation • Regulates fluid balance • Muscle contraction • Nervous system function	• Bananas and most fruits • Dairy products • Dried peas • Meats • Orange juice • Peanuts and other nuts • Potatoes • Spinach • Yogurt	• Weakness • Poor muscle tone • Heart abnormalities • Muscle cramps • Loss of appetite
Water	• Transports nutrients • Transports waste • Lubricates joints • Regulates body temperature • Cell hydration	• High-moisture solid foods such as: soups, watermelon, and meats • Juices • Water	• Dehydration • Constipation

REFERENCES

Adapted From:

Bielamowicz, M.K. Texas A&M AgriLife Extension Service (2011). Nutrient needs at a glance. Retrieved from http://counties.agrilife.org/hood/files/2015/11/Nutrient-Needs-at-a-Glance.pdf

National Institute of Health (2015, February). Definitions of health terms: vitamins. Retrieved from https://medlineplus.gov/definitions/vitaminsdefinitions.html

National Institute of Health (2018, February). Vitamins and minerals. Retrieved from https://nccih.nih.gov/health/vitamins

National Institute of Health (2015, February). Definitions of health terms: minerals. Retrieved from https://medlineplus.gov/definitions/mineralsdefinitions.html

National Institute of Health (2018). Fluid and electrolyte balance. Retrieved from https://medlineplus.gov/fluidandelectrolytebalance.html

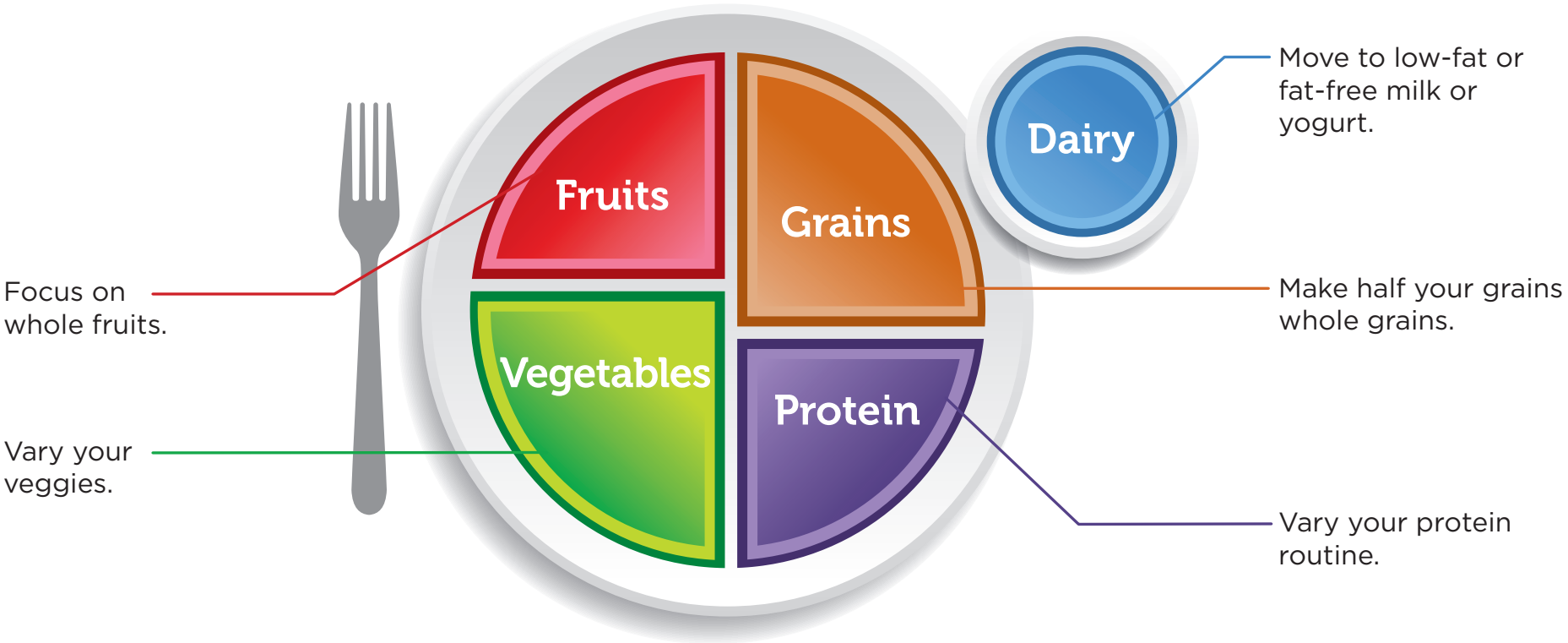
National Institute of Health (2016, December). Definitions of health terms: nutrition. Retrieved from https://medlineplus.gov/definitions/nutritiondefinitions.html

Runnels, C. (n.d.). Nutrition concepts. Retrieved from https://texas4-h.tamu.edu/wp-content/uploads/Nutritional-Concepts.pdf

USDA United States Department of Agriculture

MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



ChooseMyPlate.gov

Limit

Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.

Fruits	Vegetables	Grains	Dairy	Protein
Focus on whole fruits and select 100% fruit juice when choosing juices. Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.	Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps. Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.	Choose whole-grain versions of common foods such as bread, pasta, and tortillas. Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."	Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. Lactose intolerant? Try lactose-free milk or a fortified soy beverage.	Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds. Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups	2½ cups	6 ounces	3 cups	5½ ounces
1 cup counts as:	*1 cup counts as:*	*1 ounce counts as:*	*1 cup counts as:*	*1 ounce counts as:*
1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice	2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms	1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits	1 cup milk 1 cup yogurt 2 ounces processed cheese	1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg

Water

Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day | Adults ≥ 150 min/week

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

ChooseMyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
May 2016
CNPP-29

USDA is an equal opportunity provider, employer, and lender.