

## Protein

Protein is important for building body cells and maintaining immune system function. The foods in this group also supply varying amounts of iron, zinc, magnesium, B vitamins and vitamin E.

**One serving has approximately 70 calories and is equal to:**

- 1 ounce cooked beef, pork, or ham
- 1 ounce cooked chicken or turkey
- 1 ounce cooked fish or shellfish
- ¼ cup tuna or salmon
- ¼ cup ground meat
- ¼ cup cottage or ricotta cheese
- 2 tablespoons parmesan cheese
- 1 egg
- 2 egg whites
- ½ cup dried beans, peas or lentils (cooked)
- ½ cup tofu
- ¼ cup tempeh

**Also contains one fat serving:**

- 1 ounce of cheese
- 1 small hot dog
- 3 tablespoons of sunflower or pumpkin seeds
- 1 ounce pistachios (about 45)

**Also contains two fat servings:**

- 2 tablespoons of peanut butter
- ¼ cup peanuts, 24 almonds, 14 walnut halves, 10 pecans
- 2 breakfast sausage links

## Fats

Fat is an essential nutrient. Healthy fats such as monounsaturated and polyunsaturated fats are important for a healthy nervous system and skin. They are also your body's main source of vitamin E.

**One serving of fat has approximately 45 calories and is equal to:**

- 1 teaspoon butter, oil, margarine or mayonnaise
- 1 tablespoon reduced fat butter
- 2 teaspoons miracle whip
- 1 tablespoon cream cheese, salad dressing, guacamole or tartar sauce
- 2 tablespoons reduced fat salad dressing
- 1 tablespoon heavy cream
- 2 tablespoons half and half
- 2 tablespoons sour cream or gravy
- 2 tablespoons coconut
- 1 slice bacon
- 2 tablespoons hummus
- 1/8 of an avocado
- 4-6 nuts (pecans, almonds, cashews or walnut halves)
- 1 tablespoon sunflower or pumpkin seeds

## Combination foods

**One serving is equal to:**

- 1 cup cream soup = 1 grain, 1 fat
- 1 cup broth soup = 1 grain
- ½ cup coleslaw = 1 vegetable, 1 fat
- ½ cup potato salad = 1 grain, 1 fat
- French fries (10-15) = 1 grain, 1 fat
- Potato chips (1 ounce) = 1 grain, 1 fat
- 1 cup spaghetti with meat sauce = 2 grain, 1 protein, 1 fat
- 1/8 of 12-inch pizza, thin crust = 1 grain, 1 protein, 1 fat
- 1/8 of restaurant pizza, thick crust = 2 grain, 1 protein, 1 fat
- 1 small taco (shell, meat, cheese, lettuce and tomato) = 1 grain, 1 protein, 2 fat
- 1 cup of casserole with pasta or rice, meat and cream sauce = 1 grain, 1 protein, 1 fat
- Lasagna = 1 grain, 2 protein, 2 fat
- Candy bar (snickers, kit-kat) = 2 grain, 2 fat
- Cake or brownie (2" by 2" piece) = 2 grain, 1 fat
- Doughnut or pastry = 2 grain, 2 fat
- Large bakery cookie = 2 grain, 2 fat