

FOOD MODELS



FAT-FREE MILK
1 cup



BABY CARROTS
 $\frac{1}{2}$ cup



APPLE
1 medium



WHOLE WHEAT BREAD
1 slice



LEAN GROUND BEEF HAMBURGER
3 ounces



ENCHILADA
1 enchilada

National Dairy Council® presents 200 life-size food images. These are an ideal tool for teaching nutrition and complement the 2015 Dietary Guidelines and the ChooseMyPlate.gov food guidance system.

FOOD MODELS

NATIONAL DAIRY COUNCIL® FOOD MODELS make teaching about nutrition easy and fun. These versatile FOOD MODELS can help you teach the nutrition recommendations in the 2015 Dietary Guidelines and MyPlate. The Guidelines recommend that all Americans — children over age 2 and adults — make smart nutrition choices every day. A healthy eating plan is one that emphasizes lowfat or fat free milk and milk products, fruits, vegetables, and whole grains and includes lean meats, poultry, fish, beans, eggs, and nuts.

The FOOD MODELS are full-color images of foods in their common serving size. They are a perfect way for teaching “Balance, Variety and Moderation” — eating from all Five Food Groups, eating a variety of foods within each food group and eating the recommended amounts from each food group every day. And, they are an ideal way for teaching portion size, a concept that’s critical for helping children and adults balance their food intake to achieve and maintain healthy weight.

Nutrient information is provided on the back of the images in a format similar to food labels and is helpful for teaching and comparing nutrient values. **Eat the Five Food Group Way!™** (on next page) is an easy reference guide to the Five Food Groups, foods in each food group, key nutrients, recommended servings, and common serving sizes, and is designed to help you use the FOOD MODELS. Keep it handy so you can refer to it often.

Why are FOOD MODELS a great teaching tool?

FOOD MODELS make it easy to teach nutrition as a stand-alone topic or as part of core curriculum subjects such as math or science. Here are a few ways you can use the FOOD MODELS:

- **Teach about and help visualize portion size**, a key concept to help children and adults balance the foods they eat with daily physical activity.
- **Incorporate FOOD MODELS into fun physical activity games**, such as Five Food Group relays where children race to classify foods into food groups. It’s a great way to reinforce physical activity.
- **Compare how the nutrients in similar foods change as they are processed** by comparing foods such as a baked potato, French fries, and potato chips.
- **Compare and contrast** various sources of nutrients — e.g., how much broccoli would you need to eat to get the calcium equivalent of 1 cup of milk?

- **Reinforce math skills** by having students add up the percent Daily Value (%DV) for foods in a meal, a snack, or an entire day to see which nutrients are high and which are lacking. Graph each nutrient’s %DV and compare the graphs for foods within and between food groups. For example, graph chocolate milk and orange juice, then compare the nutrients.
- **Plan meals and snacks** that meet MyPlate guidelines. See ChooseMyPlate.gov for individual recommendations.
- **Make food group mobiles** or murals for an art project.
- **Use food models to teach languages, shapes, and colors.** For example, have students create a list of foods that are red, or learn how to say *banana* in French or Spanish.
- **Teach the Dietary Guidelines key messages, such as “Get your calcium-rich foods” or “Vary your veggies.”** The guidelines also suggest at least two to three servings of fat-free and low-fat dairy foods each day to get important nutrients like calcium, vitamin A, and vitamin D and three to five servings of vegetables for vitamins A, C, and K. The wide array of FOOD MODELS provided for each food group makes it easy to focus on key messages such as these.



Thank you for using **Food Models**.

The **Food Models** depict their common serving size; follow the blue line when cutting out images.

This chart is intended as an eating guide for children ages 4-13 who participate in less than 30 minutes of moderate physical activity beyond daily activities. Those who are more physically active may be able to consume more while staying within calorie needs. For specific daily servings for girls and boys, and for children 14+ and adults, refer to **ChooseMyPlate.gov**.

Eat the Five Food Group Way!™

Food Group And Nutrients ^{1*}	ChooseMyPlate.gov Total Daily Recommendations	Translating Recommendations Into Daily Servings ²	Food	What Counts?
Grains Group³ Key Nutrients: ■ Dietary fiber ■ B vitamins	Ages 4-8 = 5 oz equivalents Ages 9-13 = 5-6 oz equivalents	→ 5 servings → 5-6 servings	Bread Tortilla, roll, muffin Bagel Rice, pasta, cooked cereal, grits Ready-to-eat cereal Pancake, waffle	What counts as 1 ounce equivalent of grain? 1 slice 1 small 1 “mini” 1/2 cup 1 cup (flakes or round) 1 (4 1/2” diameter)
Vegetable Group Key Nutrients: ■ Vitamin A ■ Dietary fiber	Ages 4-8 = 1 1/2 cups Ages 9-13 = 2-2 1/2 cups	→ 3 servings → 4-5 servings	Cooked vegetables Chopped, raw vegetables Raw, leafy vegetables Vegetable juice	What counts as 1/2 cup of vegetable? 1/2 cup 1/2 cup 1 cup 1/2 cup
Fruit Group Key Nutrients: ■ Vitamin C ■ Potassium	Ages 4-8 = 1-1 1/2 cups Ages 9-13 = 1 1/2 cups	→ 2-3 servings → 3 servings	Apple, banana, orange, pear Grapefruit Cantaloupe Raisins, dried fruit Chopped fruit 100% fruit juice	What counts as 1/2 cup of fruit? 1 small 1/2 medium 1 medium wedge 1/4 cup 1/2 cup 1/2 cup
Dairy Group Key Nutrients: ■ Calcium ■ Vitamin D	Ages 4-8 = 2 1/2 cups Ages 9-13 = 3 cups	→ 2 1/2 servings → 3 servings	Milk Yogurt Hard cheese/processed cheese Pudding Frozen yogurt	What counts as a cup? 1 cup (8 oz) 8 oz container 1 1/2 to 2 oz 1 cup 1 cup
Protein Foods Group Key Nutrients: ■ Protein ■ Iron	Ages 4-8 = 4 oz equivalents Ages 9-13 = 5 oz equivalents	→ 2 servings → 2 servings	Cooked lean meat, poultry, fish Egg Peanut butter Cooked dried peas or beans Nuts, seeds	What counts as an ounce equivalent? 1 oz 1 1 tablespoon 1/4 cup 1/2 oz
“Others” Category	See ChooseMyPlate.gov for information on “Oils” and “Empty Calories.”	Small amounts of empty calories are okay, but most people eat far more than is healthy. It is important to limit empty calories to the amount that fits your calorie and nutrient needs.	Fats, oils, spreads Candy Cookies Cake Soft drinks	

¹ All of the Five Food Groups provide many nutrients. Listed here are some of the key nutrients from each food group.

² These are minimum recommended number of servings. Some people will need more or less servings, depending on their gender, size, activity level and growth.

³ At least half of the daily servings should come from whole grains.

* To learn more about the health benefits of each food group, go to choosemyplate.gov/myplate/. Find out the important roles foods from each food group play in a healthy diet.

LIST OF FOOD MODELS

DAIRY Group



CHEESE

AMERICAN CHEESE

CHEDDAR CHEESE

COTTAGE CHEESE

Creamed

Lowfat, 2% milkfat

MOZZARELLA CHEESE

MUENSTER CHEESE

PARMESAN CHEESE

STRING CHEESE

SWISS CHEESE

MILK

FAT FREE MILK

Fat free milk

Nonfat dry milk

2% REDUCED FAT MILK

(2 models)

WHOLE MILK

CHOCOLATE MILK

1% LOWFAT CHOCOLATE MILK

2% REDUCED FAT CHOCOLATE MILK

1% LOWFAT STRAWBERRY MILK

MILKSHAKES/

PUDDING/ICE CREAM

ICE CREAM

Soft serve

ICE CREAM

Hardened, 10% fat

Hardened, 16% fat

MILKSHAKE

Chocolate

Vanilla

PUDDING

Ready-to-eat

Instant

Homemade

YOGURT

FROZEN YOGURT

LOWFAT FRUIT-FLAVORED YOGURT

LOWFAT PLAIN YOGURT

NONFAT PLAIN YOGURT

DRINKABLE YOGURT

SQUEEZABLE YOGURT

PROTEIN FOODS

Group



BEEF

GROUND BEEF HAMBURGER

Ground sirloin-round

Ground beef

ROAST BEEF

Separable lean

Separable lean and fat

STEAK

Sirloin

T-bone

Rib Eye

EGGS

FRIED EGG

HARD-COOKED EGG

SCRAMBLED EGG

LEGUMES

BLACK-EYED PEAS

Dried, cooked

Canned

BLACK BEANS

Dried, cooked

Canned

HUMMUS

LENTILS

NAVY BEANS

Dried, cooked

Canned

REFRIED BEANS

Pinto, dried, cooked

Refried canned

TOFU

Without calcium sulfate

With calcium sulfate

LUNCHEON MEATS

BOLOGNA

Beef

Turkey

HOT DOG

Beef hot dog

NUTS/SEEDS

PEANUT BUTTER

PEANUTS

Oil-roasted

SUNFLOWER SEEDS

Dry-roast

Oil-roast

WALNUTS

PORK

BACON

Bacon

Canadian bacon

HAM

11% fat

5% fat

Turkey

PORK CHOP

Chop broiled

Roast roasted

ITALIAN SAUSAGE

PORK SAUSAGE

POULTRY

FRIED CHICKEN

Flour coated

Batter dipped

CHICKEN NUGGETS

ROASTED CHICKEN

Meat and skin

Meat only

TURKEY

Dark meat

Light meat

SEAFOOD

FISH STICKS

Frozen, oven-heated

HALIBUT

SALMON

Fresh, baked, broiled

or microwaved

Canned, fish and bones

SHRIMP

Boiled

Breaded and fried

TUNA

In water

In oil

VEGETABLE Group



GREEN BEANS

Fresh, cooked

Frozen, cooked

BROCCOLI

Fresh, cooked

CABBAGE

Fresh, cooked

BABY CARROTS

Fresh, cooked

CAULIFLOWER

Fresh

Fresh, cooked

CELERY

CORN

Frozen, cooked

Canned, cream style

CORN ON COB

Fresh, cooked

LETTUCE

Iceberg

Romaine

Looseleaf

GREEN PEAS

Canned, cooked

Frozen, cooked

SNOW PEAS

Frozen, cooked

GREEN PEPPER

BAKED POTATO

Flesh only

Flesh and skin

FRENCH-FRIED POTATOES

HASHED BROWN POTATOES

MASHED POTATOES

SWEET POTATO

SPINACH

Fresh

Fresh, cooked

WINTER SQUASH

Frozen, baked

TOMATO

Fresh

Canned

TOMATO JUICE

TOSSED SALAD

ZUCCHINI

Fresh

Fresh, cooked

FRUIT Group



APPLE

DRIED APPLE RINGS

APPLESAUCE

DRIED APRICOTS

AVOCADO

Sliced

Pureed

BANANA

BLUEBERRIES

CANTALOUPE

FRUIT COCKTAIL

In juice

In heavy syrup

GRAPEFRUIT

GRAPES

KIWI/FRUIT

LYCHEE

MANGO

NECTARINE

ORANGE

ORANGE JUICE

Frozen, reconstituted

PEACHES, canned

In juice

In light syrup

In heavy syrup

PEAR

PEARS, canned

In juice

In light syrup

In heavy syrup

PINEAPPLE

Fresh

Canned in heavy syrup

RAISINS

STAR FRUIT

STRAWBERRIES

WATERMELON

GRAINS Group



BAGELS/

BISCUITS

BAGEL

BISCUIT

BREAD

PITA BREAD

RYE BREAD

Rye

Pumpernickel

WHITE BREAD

WHOLE WHEAT BREAD

Whole wheat

Cracked wheat

CEREAL

BRAN FLAKES

Bran flakes

Raisin bran

CORN FLAKES

Corn flakes

Sugar frosted flakes

GRANOLA

GRITS

OATMEAL

Oatmeal

Cream of wheat

CRACKERS

CHEDDAR CHEESE CRACKERS

GRAHAM CRACKERS

RYE CRACKERS

Rye

Whole wheat

SALTINE CRACKERS

SNACK CRACKERS

MUFFINS

ENGLISH MUFFIN

MUFFIN

PANCAKES

PANCAKE

Plain 4"

Buckwheat 4"

PASTA

EGG NOODLES

PASTA

Plain

Vegetable

SOBA NOODLES

RICE

RICE

White, long-grain

Brown, long-grain

Wild

BROWN RICE

COUSCOUS

POLENTA

ROLLS

DINNER ROLL

WHOLE WHEAT DINNER ROLL

HOT DOG BUN

HAMBURGER BUN

TORTILLAS

TORTILLA

Corn

Flour

TACO SHELL

WAFFLES

WHOLE WHEAT WAFFLE