



Concentration Information

When a student makes a match, discuss something unique about that food item.

Food Item	Food Group	Serving Size	Nutrients
Apples	Fruit	1 medium Apple	Fresh fruits offer the richest source of vitamins and minerals as well as appetite appeal in color, flavor, and texture. Apples provide fiber to your diet.
Avocado	Fruit	1/5 of a medium fruit	Good source of fiber, low saturated fat
Bell Pepper	Vegetable	½ cup	Vegetables provide vitamins, minerals and bulk to the diet. Bell pepper contributes color, texture and flavor to dishes.
Blueberries	Fruit	½ cup	Helps memory function
Bread		1 slice	Known as the “staff of life.” The type of flour or grain used determines the color, texture, flavor and nutritive value of the bread.
Broccoli	Vegetable	1 cup	High in Vit. A & C. Anti-cancer qualities.
Carrot	Vegetable	1 cup	Beta-carotene Vitamin A & C Helps vision, prevents night blindness.
Cheese	Dairy	1 ounce	Cheese is made by separating most of the curd, or milk solids from the whey or water part of the milk. Cheese is a good source of protein and calcium.
Chicken	Meat	3 ounces	Poultry is a good source of protein. Chilled raw poultry may be kept one or two days in the coldest part of the refrigerator.
Chocolate Candy Bar	Sugar & Fat	Limit	Simple carbohydrates, sugars, are quickly digested and absorbed by the body. Often eaten for “quick energy.”
Coke	Sugar & Fat	Limit	High in sugar and calories. No nutrients. Contains caffeine which stimulates the metabolism. Snacks that add calories, but no nutrients, rob us of required nutrients.
Corn	Vegetable	1 medium ear	Good source of fiber & Vitamin C
Dried Beans	Meat	1 cup	Rich source of incomplete protein, iron, thiamine, riboflavin, and niacin. Can be used

			as a meat substitute when used with other complementary protein foods.
Egg Plant	Vegetable	1 cup	Provides vitamins & minerals.
Eggs	Meat	1	Excellent source of complete protein; they contain all essential amino acids. Egg yolks are high in iron. Eggs retain their freshness and quality better if stored large end up in their original carton.
Fries	Sugar & Fat	Limit	High in fat – take it easy on these. Don't eat too many or eat them too often.
Milk	Dairy	8-ounce glass	Known as the most nearly perfect food. It has more food value than most foods. It provides you with calcium, carbohydrates, protein, riboflavin, Vitamin A, D, & B12, and phosphorous. You will never out grow your need for milk.
Milk Shake	Dairy	8-ounces	Good source of calcium.
Muffin	Bread	1 muffin	Eating a whole wheat or bran muffins will add fiber to your diet.
Mushroom	Vegetable	5 medium	Fat free, low calorie, sodium free
Nuts	Meat		Nuts are the dry fruits or seeds of some kinds of plants, usually of trees. The soft inside part of the nut is called the meat. Nuts are a concentrated food source of protein. Nuts that are shelled should be stored in the refrigerator in airtight container, to preserve freshness and to prevent oxidation and rancidity.
Pineapple	Fruit	½ cup	Vitamin C
Pita-Pocket			
Popcorn	Bread	3 cups	A good snack choice. Provides roughage and fiber in the diet.
Pretzel	Bread		A low calorie snack food.
Steak	Meat	3 ounces	Good protein source. Choose lean cuts with less fat.
Strawberries	Fruit	8 medium	High in Vit C & folate
Tomato	Vegetable	1 medium tomato	High in Vitamin A & C
Watermelon	Fruit	2 cups	High in Vitamin A & C Fruit consists of 88% water
Weiners	Meat	1	Luncheon meats, frankfurters, and sausages are usually high in fat.

Six Basic Nutrients

- Carbohydrates**
- provides energy for body functions and muscular exertions.
 - assists in digestion and assimilation of foods
- Protein**
- builds, maintains and repairs body tissues
 - helps build resistance to diseases
- Fats**
- fats furnish more than twice the number of calories per gram (9 calories/gram) furnished by carbohydrates or protein (4 calories/gram)
 - provides energy
 - serves as a carrier for fat-soluble vitamins A, D, E, and K.
 - converts carotene to vitamin A
 - protects and holds in place organs, such as kidneys, heart and liver.
 - Insulates the body from temperature changes
 - Supplies essential fatty acids needed for growth, health, and smooth skin.
- Vitamins**
- Vitamin A
- helps keep skin clear, soft and smooth
 - helps prevent infections
 - protects against night blindness and maintains normal vision.
 - helps cells use oxygen
 - aids in bone and teeth formation
- B Vitamins
- helps nervous system function properly
 - is essential to growth and good health
 - keeps vision clear and skin's smooth
- Vitamin C
- known as ascorbic acid
 - aids in healing wounds and burns
 - aids in forming red blood cells and preventing hemorrhaging
 - fights bacterial infections
- Vitamin D
- comes from sunlight or vitamin D fortified milk
 - known as the sunshine vitamin
 - prevents rickets, a bone disorder (softening of bones)
 - maintains stable nervous system and normal heart action
- Vitamin E
- protects fat-soluble vitamins
 - protects red blood cells
- Vitamin K
- aids in blood clotting

Minerals

- helps maintain water balance essential to the proper functioning of mental and physical processes
- keep blood and tissue fluids from becoming too acid or too alkaline

Water

- transports nutrients in the body
- aids in digestion
- maintains normal body temperature
- carries waste material out of the body

Snacks

It is okay to eat snacks once in a while if you're eating a balanced diet. You may also need to balance the extra calories with additional exercise.

A good snack is nutritious, or nutrient-dense. This means it provides plenty of required nutrients like vitamins, minerals, and protein, along with calories.

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