



## Grains


<b>What are they?</b>	<p>Grains include wheat, rice, oats, and barley. Foods made from grains are called grain products. These include bread, pasta, oatmeal, breakfast cereals, tortillas, crackers, and grits.</p>	
<b>How much?</b>	<p>Eat 5 ounces of grains if you're a girl 9 to 13 years old (or 6 ounces if you're 14 to 18 years old). Some examples of an ounce of grains include: half an English muffin, a slice of bread, a package of instant oatmeal, or a quarter of a large bagel. Learn more about <a href="#">what counts as an ounce of grains</a>.</p>	
<b>What else do I need to know?</b>	<p>"Whole grains" are foods like whole wheat bread, brown rice, cornmeal, and oatmeal. "Refined grains" are foods like white flour and white rice. Refined grains have had some of the grain — as well as some of the great nutrients — removed. When choosing grains, remember this tip: Make half your grains whole.</p>	

## Vegetables


<b>What are they?</b>	<p>There are five types of vegetables. They are:</p> <ul style="list-style-type: none"><li>• Dark green, like spinach, broccoli, kale, and romaine lettuce</li><li>• Red and orange, like carrots, tomatoes, red peppers, and sweet potatoes</li><li>• Beans and peas, like split peas and pinto beans</li><li>• Starchy, like potatoes, green peas, and corn</li><li>• Other, like celery, iceberg lettuce, green beans, green pepper and onions</li></ul>	
<b>How much?</b>	<p>You should eat 2 cups of vegetables each day if you're 9 to 13 years old (or 2½ cups if you're 14 to 18). How much is a cup? It's the size of a baseball. Also, around 12 baby carrots counts as one cup, and so does a large sweet potato. This page has more examples of <a href="#">what</a></p>	

	<a href="#">equals a cup of vegetables</a> , plus weekly goals for different types of veggies.
<b>What else do I need to know?</b>	It's smart to eat dark-green, red, and orange veggies as well as beans and peas.


## Fruits

<b>What are they?</b>	<p>Fruits come fresh, frozen, canned, or dried. There are many types of fruits, including berries, melons, and citrus fruits like grapefruit.</p> 
<b>How much?</b>	<p>You should eat 1½ cups of fruit each day. One cup is a small apple, a large banana, around 30 grapes, an 8-ounce juice box, or sliced fruit that's about the size of a computer mouse. Visit this page for more examples of <a href="#">what equals a cup of fruit</a>.</p>
<b>What else do I need to know?</b>	<p>If you're drinking juice, look for the kind that says 100% fruit juice. Try to pick fruit over fruit juice. Try to eat a variety of fruits. And if you're eating canned fruit, look for the kind packed in juice and not in syrup.</p>

## Dairy

<b>What is it?</b>	<p>This group includes milk and many products made from milk, such as cheese and yogurt. (It also includes soymilk.) Things that are made from milk but that are mostly fat, like cream cheese or butter, are in the fats category.</p> 
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<p><b>How much?</b></p>	<p>You should get 3 cups from the dairy category. One cup is a small container of milk (half a pint or 8 ounces). It's also an 8-ounce container of yogurt, but most yogurt containers are smaller than that. And it's 2 cups of cottage cheese or 2 slices of hard cheese. Learn <a href="#">what else counts as a cup</a>.</p>
<p><b>What else do I need to know?</b></p>	<p>Most of your dairy choices should be fat-free or low-fat, like fat-free yogurt or low-fat milk. If you pick something that's not low-fat or fat-free, the calories from fat count toward your empty calories. Most girls shouldn't eat more than 160 empty calories a day. Whole-fat yogurt could have around 80 calories from fat, for example. Check the nutrition facts label to find a product's calories from fat.</p>

<p><b>Protein</b></p>	
<p><b>What is it?</b></p>	<p>This group includes all foods made from red meat (beef, pork, or lamb) and poultry (chicken or turkey). It also includes fish, eggs, beans and peas, nuts, and seeds. (Beans and peas, such as kidney beans and split peas, can count as either a vegetable or a protein food.)</p> 
<p><b>How much?</b></p>	<p>You should eat 5 ounces from this group each day. One ounce equals three thin slices of ham, about three shrimp, six cashews, or ¼ cup of beans (which is about half the size of a computer mouse). A small chicken breast, which is around the size of a deck of cards, equals about 3 ounces. You can learn more about <a href="#">protein servings</a>.</p>
<p><b>What else do I need to know?</b></p>	<p>Try to eat a variety of different protein foods, including fish, lean meat and poultry, eggs, beans and peas, soy products, unsalted nuts and seeds. Also, try to eat around 8 ounces of fish and shellfish each week. When you choose meat and poultry, look for cuts that are lean or low-fat. And cut off skin and any fat you can see.</p>