

REACH for REAL FOOD

Re-defining Food Groups, Portions & the Concept of “Moderation”

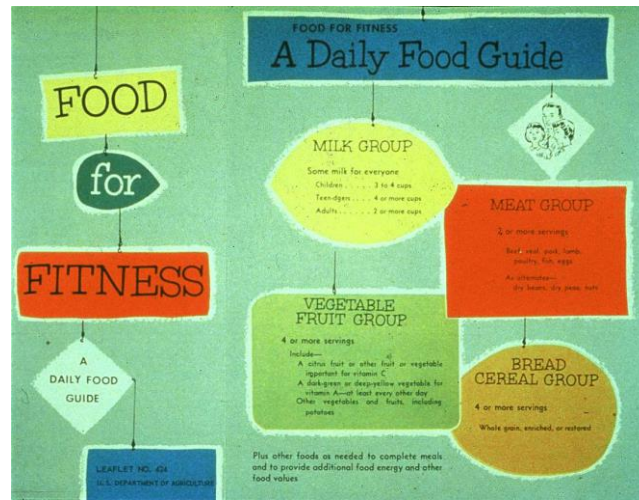
What do you know about food groups?

Write down the main food groups on your card.





1940s

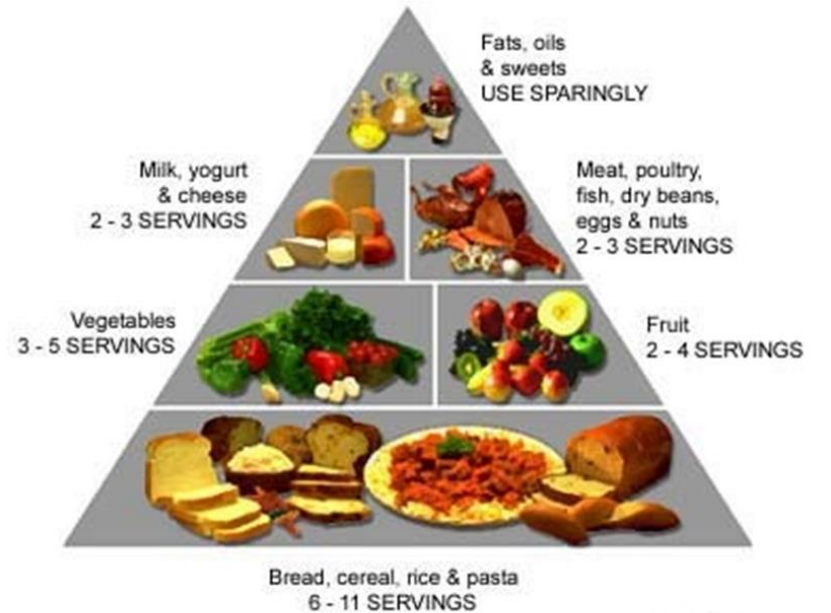


1956-1970s

The Balance of Good Health

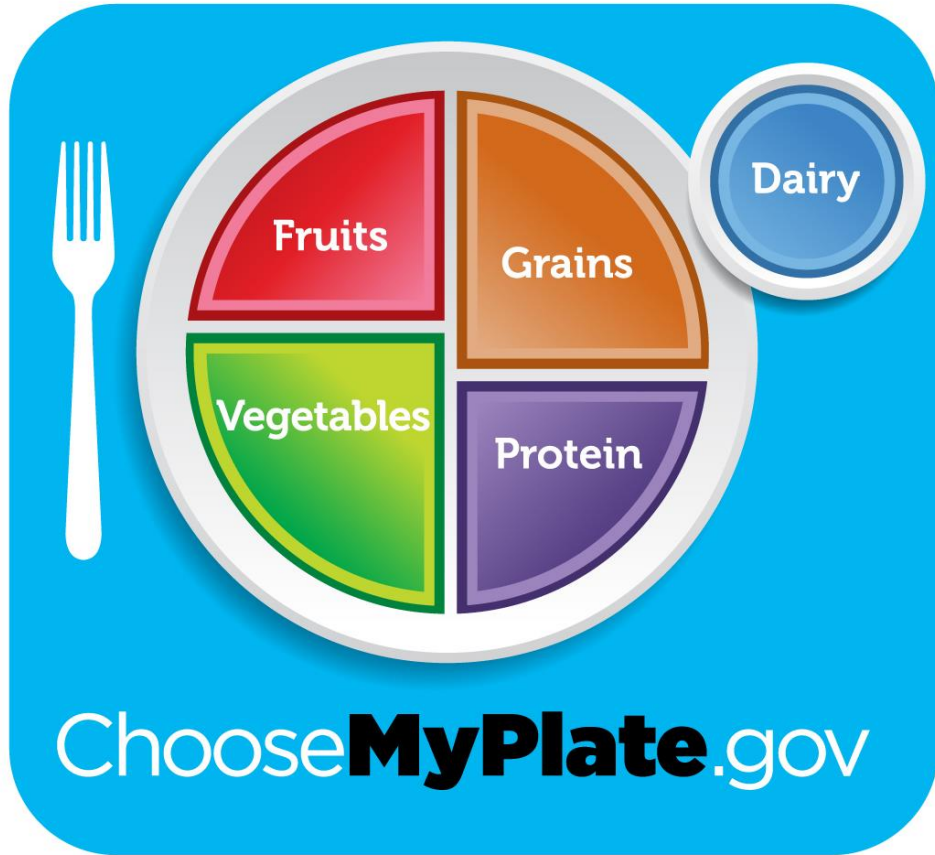


1980s

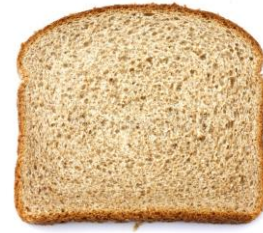


1990s

What seems to be the problem?



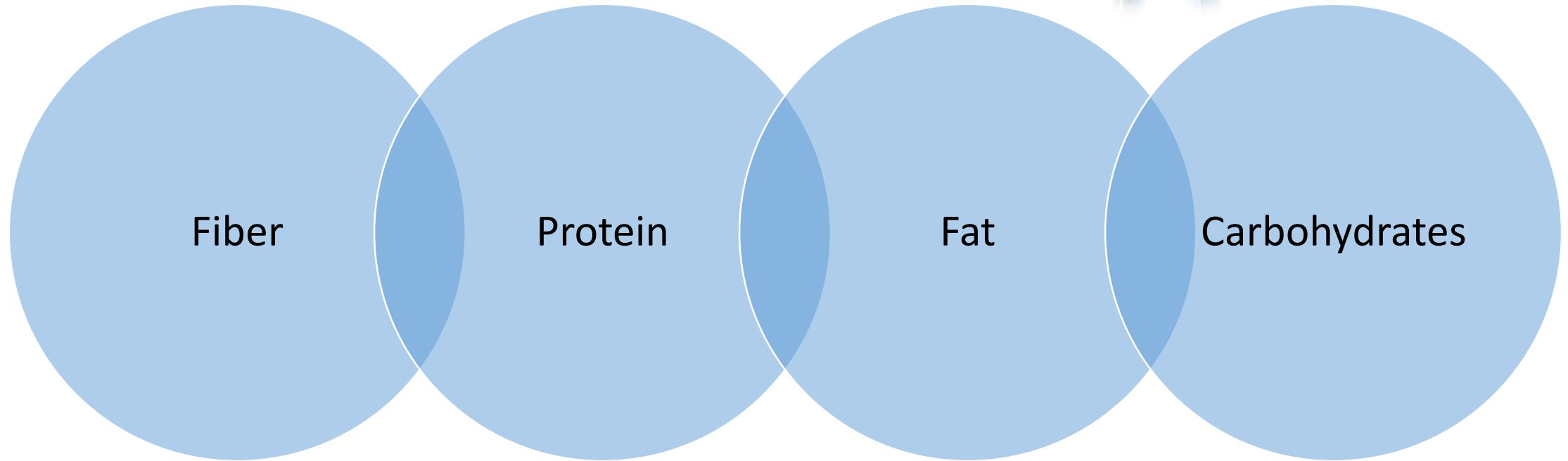
1. Food groups are not categorized by how they affect the body.



2. Portions are severely overestimated in real life.



Four Main Food Groups



Fiber

Protein

Fat

Carbohydrates

Four Main Food Groups: Fiber (aka: Vegetables)

FLAVOR FAMILIES



SWEET

Beets
Carrots
Corn
Fennel
Garden Peas
Jicama
Mint
New Potatoes
Parsnips
Sage
Snap Peas
Snow Peas
Sweet Potatoes
Thyme
Tomato
Winter Squash



MILD\NEUTRAL

Bok Choy
Boston Bibb
Chard
Daikon
Radish
Eggplant
Jicama
Mizuna
Napa Cabbage
Potatoes
Spinach
Tatsoi
Zucchini



EARTHY\PUNGENT

Beets
Broccoli
Broccoli Rabe
Brussels Sprouts
Cabbage (Savoy)
Cauliflower
Celery Root
Chard
Collards
Kale
Kohlrabi
Mushrooms
Parsnips
Rutabaga



GRASSY

Asparagus
Celery
Chard
Cucumber
Fennel
Frisee
Green Beans
Mizuna
Parsley
Romaine
Shiso
Snow Peas
Spinach
Tatsoi



LICORICE

Basil
Endive
Fennel



SPICY

Arugula
Basil
Chili Pepper
Garlic
Horseradish
Leeks
Mustard Greens
Onions
Radish
Turnip Greens
Turnips
Watercress



TART

Lemongrass
Tomatillo
Sorrel



BITTER

Belgian Endive
Chicory
Curly Endive
Dandelio Leaves
Eggplant
Escarole
Frisee
Radicchio

Flavor is influenced by seasonality, ripeness when produce is picked, exposure to sun, water, growing conditions, plant stress and the physiology of our personal palate

TEXTURES



SOFT-CREAMY

Avocados
Artichokes
Celery Root
Edamame
Garden Peas
Potatoes



SOFT-CHEWY

Asparagus
Broccoli
Carrots
Cauliflower
Eggplant
Leafy Greens
Leeks
Mushrooms
Onions
Parsnips
Sweet Potatoes
Tomatoes (raw)
Winter Squash



CRISP-CHEWY

Beets
Broccoli (raw)
Cabbage
Carrots (raw)
Endive
Fennel
Green Beans
Kohlrabi
Leafy Greens (raw)
Radishes
Snow Peas
Turnips
Zucchini



CRUNCHY

Asparagus (raw)
Bell Peppers (raw)
Bok Choy
Celery
Endive (raw)
Fennel (raw)
Radicchio (raw)
Salad Greens
Scallions
Turnips (raw)

BUTTERY

Avocado, Spinach, Boston Bibb, Artichoke, etc.

STARCHY

Edamame, Garden Peas, Potatoes, etc.

Vegetable Portions: *2-3 servings per meal*



2 cups leafy greens=1 serving



1/2 cup cooked=1 cup raw=1 serving



How many servings of vegetables?



- 2 cups spinach
- $\frac{3}{4}$ cup roasted broccoli-cauliflower mix
- $\frac{1}{4}$ cup diced raw tomatoes
- $\frac{1}{2}$ cup chickpeas
- $\frac{1}{3}$ cup quinoa
- $\frac{1}{8}$ of an avocado
- Balsamic vinegar as dressing
- 2 Tbls. raw almonds on the side

3 servings of vegetables!

Four Main Food Groups: Proteins



Protein Portions: *1-2 servings per meal*



3-4oz=1/2 cup=1 serving



How many servings of protein?



- 2 cups spinach
- $\frac{3}{4}$ cup roasted broccoli-cauliflower mix
- $\frac{1}{4}$ cup diced raw tomatoes
- $\frac{1}{2}$ cup chickpeas
- $\frac{1}{3}$ cup quinoa
- $\frac{1}{8}$ of an avocado
- Balsamic vinegar as dressing
- 2 Tbls. raw almonds on the side

1 serving of protein!*

How many servings of protein?



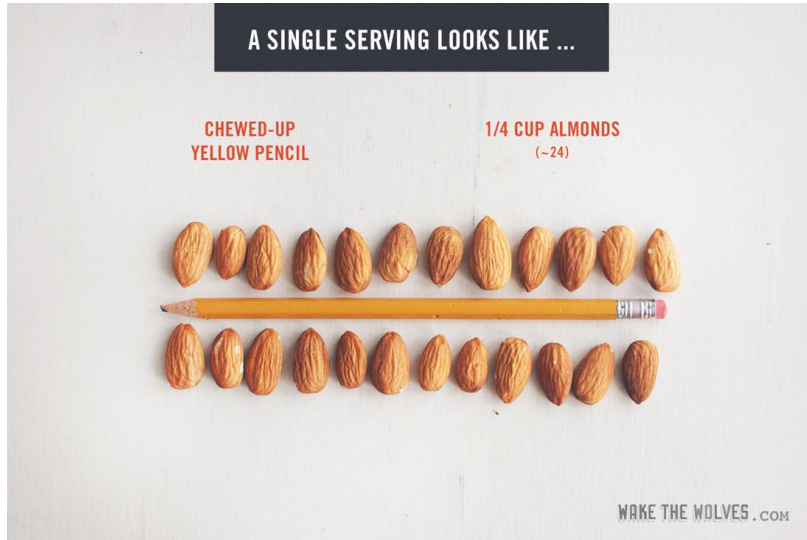
2 servings of protein!

Four Main Food Groups: Fats

100%
COLD
PRESSED
QUALITY



Fat Portions: *0-1 per meal*



1/4 cup almonds=3 Tbls.=1 serving
1 Tbls. almond butter=1 serving



1 tsp. oil=1 serving



1/4 avocado=2 Tbls avocado=8 olives=1 serving

How many servings of fat?



- 2 cups spinach
- $\frac{3}{4}$ cup roasted broccoli-cauliflower mix
- $\frac{1}{4}$ cup diced raw tomatoes
- $\frac{1}{2}$ cup chickpeas
- $\frac{1}{3}$ cup quinoa
- $\frac{1}{8}$ of an avocado
- Balsamic vinegar as dressing
- 2 Tbls. raw almonds on the side

1 serving of fat!

Four Main Food Groups: Carbohydrates



Carbohydrate Portions: *0-1 per meal*



1/2 cup fruit or starchy vegetables=1 serving



1/3 cup grains=1 serving

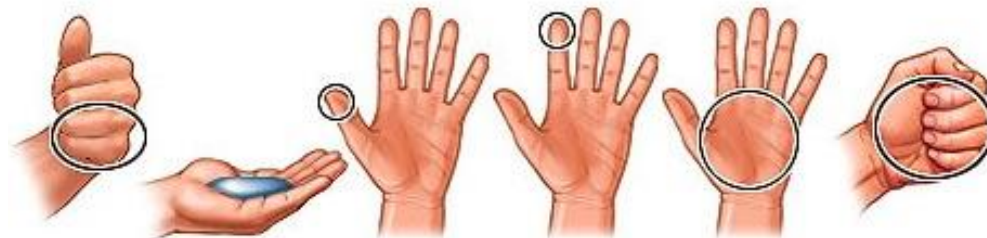


How many servings of carbohydrate?



- 2 cups spinach
- $\frac{3}{4}$ cup roasted broccoli-cauliflower mix
- $\frac{1}{4}$ cup diced raw tomatoes
- $\frac{1}{2}$ cup chickpeas
- $\frac{1}{3}$ cup quinoa
- $\frac{1}{8}$ of an avocado
- Balsamic vinegar as dressing
- 2 Tbls. raw almonds on the side

1 serving of carbohydrate!



$\frac{1}{2}$ cup	1 oz	1 Tbsp	1 tsp	3 oz	1 cup
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The Portion Size Illusion

Which plate contains the most food?



See where extra veggies comes in handy now?

How many servings?



Chicken Salad Lettuce Wraps

- 4oz diced chicken
- ¼ cup plain yogurt mixed with salt, pepper, garlic and curry powder
- 1 cup diced celery and cucumber
- ¼ cup chopped grapes
- 3 Tbls. slivered almonds
- 3 Bibb lettuce leaves

***Almost 2 servings vegetables**

***1 ½ servings of protein**

***½ serving of carbohydrate**

***1 serving of fat**

What does a moderate amount of pizza mean to you?





the myth of
Moderation

Learning to say
no in a culture of
indulgence.

The Essential Mother.com

Write on the backside of your card:

1. What are the 4 main food groups?
2. How many servings per meal of each?
3. What is the approximate serving size of each?

Please turn in your cards as you leave.

Homework

Use measuring cups and/or your hands to measure portions of what you are eating. Take pictures.

Track your intake as often as possible.

- On paper
- On our form
- With your phone (notes or camera)
- Using an app (Bitesnap, MyFitnessPal, Lose

