Breakfast Foods

Use the Food Guide Pyramid to help you eat well every day. How many servings do you need daily?

Category	Grain Group	Vegetable Group	Fruit Group	Milk Group	Protein Group
Less active women, some older men (1600 calories)	6	3	2	2-3	2
Teen girls, moderately active women, less active men (2200 calories)	9	4	3	2-4	2
Teen boys, active men (2800 calories)	11	5	4	2-4	3

Limit Fats and Sugars - The small tip of the Food Guide Pyramid shows fats, oils, and sweets. These are foods such as salad dressing, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories but few vitamins and minerals. Most people should go easy on these foods.

Publication No. FDNS-NE 1951

Main Dishes

What counts as one serving?

Grain Group	Vegetable Group	Fruit Group	Milk Group	Protein Group
1 slice bread	1/2 cup cooked vegetable	1 medium whole fruit	1 cup milk	2 to 3 ounces cooked meat, poultry or fish
1 ounce dry cereal	1 cup raw leafy vegetable	1/2 cup canned, cooked or chopped fruit	1 1/2 ounce natural cheese	These count as 1/2 servings:
1/2 cup cooked rice, noodles or grits	1/2 cup raw chopped vegetable	3/4 cup juice	1 cup yogurt	• 1/2 cup cooked beans
1/2 hot dog or hamburger bun		1/4 cup dry fruit	2 ounces process cheese	• 2 tablespoons peanut butter
1 tortilla			1/2 cup of ice milk, cottage cheese, frozen yogurt, ice cream, custard or milk pudding	• 1 egg
1 four inch pancake or waffle				• 1/3 cup nuts

Publication No. FDNS-NE 1951

Desserts

Ingredient		Amount
1 cup self-rising flour	=	1 cup all-purpose flour plus 1/4 tsp. baking powder plus pinch of salt
1 tsp. baking powder	=	1/4 tsp. baking soda plus 5/8 tsp. cream of tartar OR 1/4 tsp. baking soda plus 1/2 cup buttermilk and decrease liquid in recipe by 1/2 cup
1 cup whole milk	=	1 cup any type of fluid milk or 1 cup water plus 5 Tbsp. non-fat dry milk
1 Tbsp. fresh chopped herbs	=	1/3 tsp. herb powder or 1/2 tsp. crushed dry herb
1 cup butter	=	1 cup margarine or shortening
1/2 cup brown sugar	=	1/2 cup white sugar plus 2 Tbsp. molasses
1 cup light corn syrup	=	1 1/4 cups sugar plus 1/3 cup liquid, boiled together until syrupy
1/2 cup cocktail sauce	=	1/3 cup catsup plus 2 Tbsp. horseradish
1/4 cup honey mustard	=	2 Tbsp. honey plus 3 Tbsp. prepared mustard

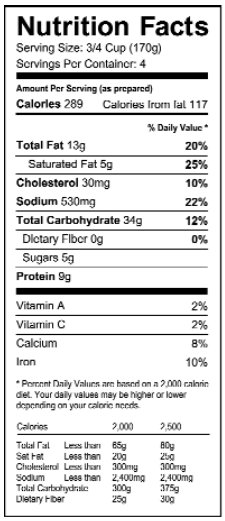
Publication No. FDNS-NE 1951

Miscellaneous

Cooking Basics: Food Yields

Apples	1 pound	3 medium = 3 cups slices
Beans (dry)	1 pound	2 1/2 cups dry = 6 cups cooked
Egg whites (large)	8 eggs	1 cup
Lemons	1 lemon	2-4 tablespoons juice
Macaroni, spaghetti	1 pound	5 cups (dry) = 8-10 cups cooked
Milk, evaporated	6 ounce can	1 1/2 cups reconstituted
Oatmeal	1/2 cup dry	1 cup cooked
Potatoes	1 pound	3 medium = 3 1/2cups sliced = 2 cups mashed
Yeast (active dry)	1 packet	1 tablespoon

Publication No. FDNS-NE 1951



Nutrition Facts

Serving Size: 3/4 Cup (170g)
Servings Per Container: 4

Amount Per Serving (as prepared)

Calories 289 Calories from fat 117

	% Daily Value *
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Cholesterol 30mg	**10%**
Sodium 530mg	**22%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 9g	
Vitamin A	2%
Vitamin C	2%
Calcium	8%
Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Enriched Macaroni (Flour, Niacin, Ferrous Sulfate, Thiamine Mono-nitrate, Riboflavin); Cheese Sauce Mix (Whey, Dehydrated Cheese (Granular and Cheddar, Milk, Cheese Culture, Salt, Enzymes), Whey Protein Concentrate, Skim Milk, Buttermilk, Sodium Tripoly-phosphate, Sodium Phosphate, Citric Acid, Yellow 5 (Color) Yellow 6 (Color), Lactic Acid

These numbers can help you avoid eating too much fat, saturated fat, cholesterol and sodium.

These numbers can help you get enough dietary fiber, vitamin A, vitamin C, calcium and iron.

%Daily Value shows how a food fits into overall daily diet.

Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day. Daily Values are also listed for persons eating 2,500 calories per day.

Publication No. FDNS-NE 1951

Cooking Basics: Measurement Equivalents

3 teaspoons	=	1 Tablespoon
4 Tablespoons	=	1/4 cup
5 1/3 Tablespoons	=	1/3 cup
8 Tablespoons	=	1/2 cup
10 2/3 Tablespoons	=	2/3 cup
12 Tablespoons	=	3/4 cup
16 Tablespoons	=	1 cup
16 ounces	=	1 pound
2 Tablespoons	=	1 fluid ounce
1 cup	=	8 fluid ounces
1 cup	=	1/2 pint
2 cups	=	1 pint
4 cups	=	1 quart
2 quarts	=	1/2 gallon (64 oz.)
4 quarts	=	1 gallon
1 pint	=	16 ounces
1 quart	=	32 ounces
1 gallon	=	128 ounces
1 liter	=	34 ounces
2 liter	=	68 ounces

Abbreviations

Tbsp.	=	Tablespoon
tsp.	=	teaspoon
oz.	=	ounce
lb.	=	pound
c.	=	cup
pt.	=	pint
qt.	=	quart
l.	=	liter

Publication No. FDNS-NE 1951