

Timely Topics

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ie needs. Women and seniors consuming 1,600-1,800 calories need six servings per day.

Teen girls, children, men and active women using 2,200 calories need nine servings per day. Teen boys and active men using 2,800 calories need 11 servings per day.

One serving equals slice of bread, 1/2 bagel or English muffin, a regular size muffin, 1 ounce of cereal, 1/2 cup of cooked cereal or 1/2 cup of cooked rice or pasta. Most of us eat more than one serving of pasta at a meal, and this is fine. We just need to count it as two or more servings.

Cereals are confusing since the only way you can determine a serving size is to look at the Nutrition Facts Label on each cereal

box and read the serving size listed. You should measure your cereal using standard measuring cups and pour it into your bowl to see how it looks in the bowl. Then you won't have to measure every time.

Cereal is a low fat choice in this food group, but you need to be careful of the sugar content of pre-sweetened ones. If you use traditional cereals and add your own sugar, you might be getting as much or more sugar than you would with the pre-sweetened ones. You can purchase the pre-sweetened and plain variety of a specific type such as corn flake cereal and mix the two boxes. To determine the number of teaspoons of sugar in a presweetened cereal serving, divide the total

sugars on the Nutrition Facts Label by 4 (there are four grams of sugar in a teaspoon).

Breads belong in this food group and are another excellent low-fat choice, each slice containing about 70 calories, 13 grams of carbohydrates, 2 grams of protein and only 1 gram of fat. Health experts generally recommend using brown bread as it has more vitamins and fiber than white bread. However, shoppers need to read the label because all bread is not whole grain bread. Unless the label states it is 100% whole wheat it is probably white bread with caramel coloring. (Sometimes the label says "wheat" bread but if you read the ingredient list you will find enriched wheat flour

to be the first ingredient.) Bread is a good source of fiber but again you can't determine the fiber content by the color of the bread. Generally whole wheat breads have a higher fiber content. To find the fiber content of your favorite bread, look at the Nutrition Facts Label. Bread should supply about 2 grams of fiber per slice. (Daily recommendations for fiber is 25-30 grams).

Pasta and rice are included in this food group and both can serve as the basis for main dishes at lunch and dinner. Instead of planning your meal around a meat choice, select pasta or rice and use the meat as the side dish. There are about 40 different shapes and varieties of pasta available at your

supermarket in the dried form and additional fresh ones in the deli and refrigerator sections.

The Bread, Cereal, Rice and Pasta Group has lots of selections making it easy to consume the recommended servings of 6-11 per day. If you have questions about the Food Guide Pyramid or general nutrition questions, please call Annette Goodling at (610) 489-4315.

You can also request a copy of The Food Guide Pyramid at a cost of \$1. To order, call or send request to Montgomery County Cooperative Extension, 1015 Bridge Road, Suite H, Collegville, PA 19426, Attention: M. Annette Goodling. Checks should be payable to Montgomery County Cooperative Extension.

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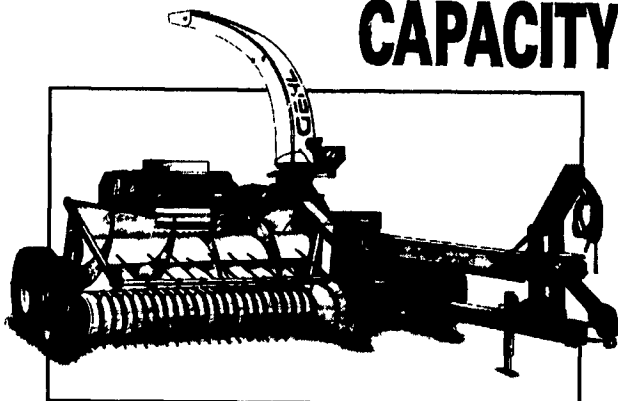
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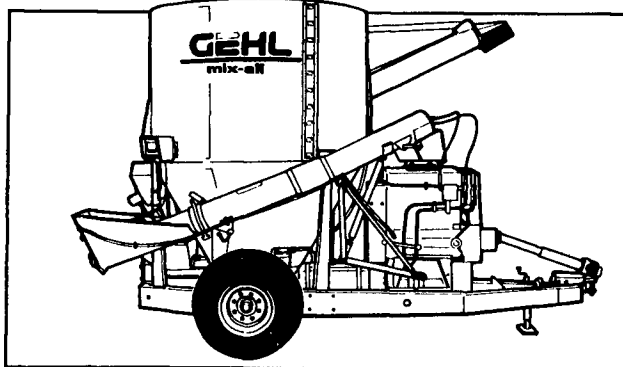
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