

GENERAL NUTRITION

Five Main Food Groups	Fruit 3-5 cups	Vegetable 3-5 cups	Protein 2-7 oz	Grains 3-8 oz	Dairy 2-3 cups
Three Main Macronutrients	Carbohydrates 45-65% 4 kcal/g	Fats 25-35% 9 kcal/g	Protein 15-35% 4 kcal.g	Alcohol 7 kcal.g	Water 8-12 cups per day
Food Safety	Clean your food with cleaner and water	Separate your produce from meats	Cook your food to the appropriate temperatures	Chill food within two hours of cooking	Poultry-165F Beef-145F Pork-160F
Smart Snacks	3/5 Food Groups	All 3 Macronutrients	Grain - Pretzels - Crackers	Protein - Peanut Butter - Hummus	Fruit or Veggie - Apples - Celery
Serving Size is a standard unit for measuring	Portion Size is what is actually consumed	Your Palm is a great way to measure your protein	Your thumb is a great way to measure your fats	Your cupped hand is a great way to measure your carbs	Your fist is a great way to measure your fruits and veggies