Watching our Diet

The Food Guide Drum and Dietary Guidelines reflect both the culture and food choices relevant to The Bahamas.

The Dietary Guidelines show how many servings an individual should eat from each food group each day.

A **serving** is a standard amount of food recommended for a meal or snack. It is used to advise about how much to eat or to identify how many calories and nutrients are in food.

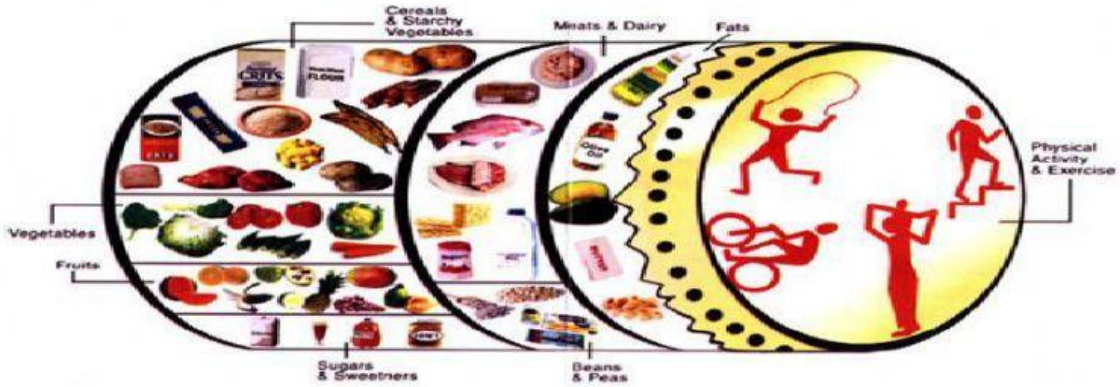
A **portion** is the amount of food an individual chooses to eat. There is no standard portion size. A portion may contain more than one serving.

It is important to control portion sizes to maintain a healthy and balanced diet. Always use serving sizes as a guide when selecting foods.

Dietary Guidelines for The Bahamas of Serving Size

Food Group	Number of Servings	Serving Size
Cereals & Starchy Vegetables	6 – 11 servings daily (teenage boy – 11; teenage girl 9) Should be the largest portion of the diet	1 slice bread 1 oz dried cereal ½ - 1 c cooked cereal or vegetable
Vegetables	3 – 4 daily	1 cup raw ½ cup cooked ¾ cup juice
Fruits	2 – 3 daily	1 medium fruit ½ cup cooked ¾ cup juice
Meat and Dairy	2 – 3 daily	2 – 3 oz. cooked lean meat, skinless poultry 1 egg 2 oz. cheese ½ cup ice cream
Beans and Peas	Use as a meat alternative or as a starch choice	½ cup dried beans 2 tbsp. peanut butter
Fats	Use in small amounts	No number of servings recommended
Sugars and sweeteners	Use in small amounts	No number of servings recommended

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1. How many fruits should be eaten per day?

A. 3 to 4 daily B. 2 to 3 daily C. Any amount daily

D. Use is a small amount of daily E. 6 to 1 serving daily

2. Use the Food Drum to list the following.

A. Name two vegetables:

B. Name two fruits:

C. Name two sugar & sweeteners:

D. Name two beans & peas:

E. Name two meat & dairy

F. Name two Fat

G. Two cereal and starchy vegetables:

3. Explain what a serving is

A. A serving is a standard amount of food recommended for a meal or snack.

B. Any amount of food recommended for a meal or snack.

C. A portion is a standard amount of food recommended for a meal or snack.

3. Explain what a portion size is

A. A serving is a standard amount of food recommended for a meal or snack.

B. A portion is the amount of food an individual chooses to eat.

C. A portion is the amount of food an individual is given to eat.

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