

NO. 99 FOOD STAYS GOOD FOR A WHILE, UNTIL IT DOESN'T

A FEW RULES, SOME TERMS, AND A HANDY CHART

There's no ironclad rule. Variations in time, bacterial exposure, and temperature all dictate food's inevitable breakdown, and as a result, the time it takes to spoil can fluctuate dramatically.

> Food becomes unsafe when pathogens—

harmful bacteria, mold, and viruses—grow to an infectious dose.

> "Under 40, over 140." Most bacteria stop growing around 40 degrees and die within a few seconds at 140 degrees. Freezing will kill some bacteria, but mostly it stops growth.

> Bacteria need moisture. They don't thrive in acid or salinity.

> Frozen food goes bad in terms of quality, not safety.

> Cooking can also slow breakdown by killing enzymes that catalyze spoilage.

> Don't leave anything

out on the counter for more than four hours. Except meatless pizza. Its main source of moisture, tomato sauce, is acidic, which is not bacteria-friendly.

> What expiration labels actually mean:

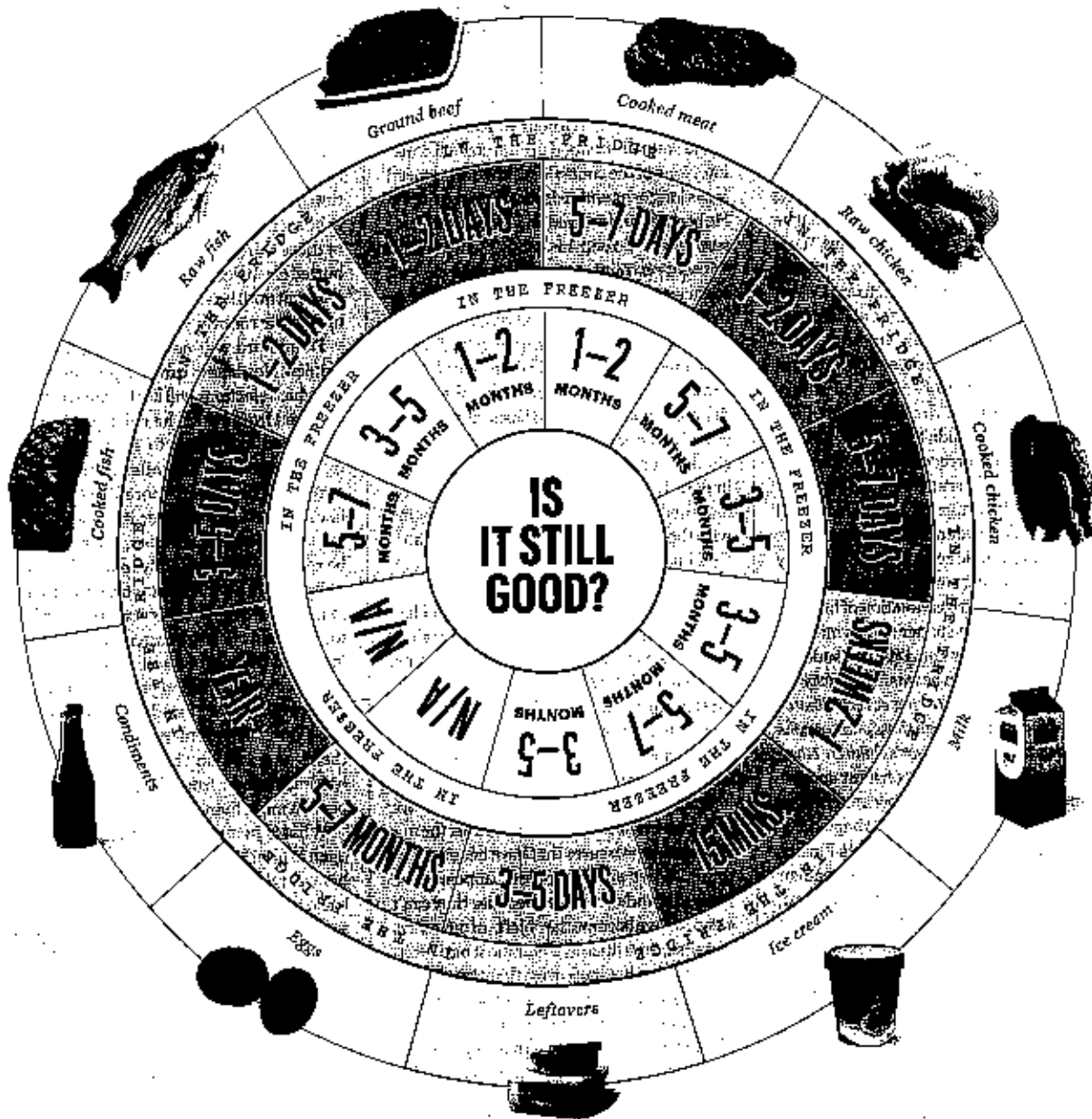
"Sell by"—The product will be safe to eat or

drink for some time after this date.

"Best if used by"—Safe to eat after this date, but won't taste as good or have as much nutritional value as fresh food.

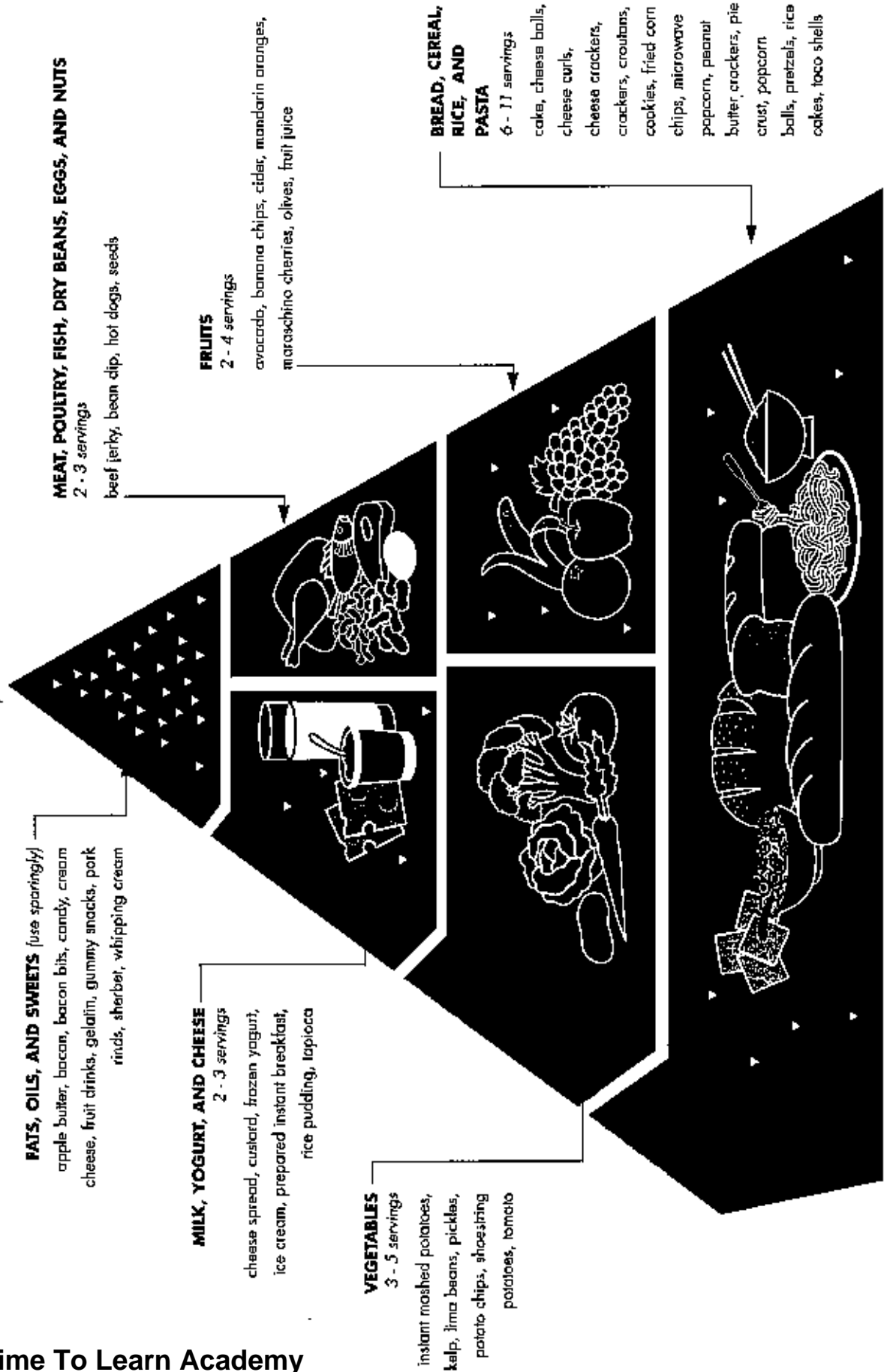
"Use by"—Discard food past this date.

—JESSIE KISSINGER



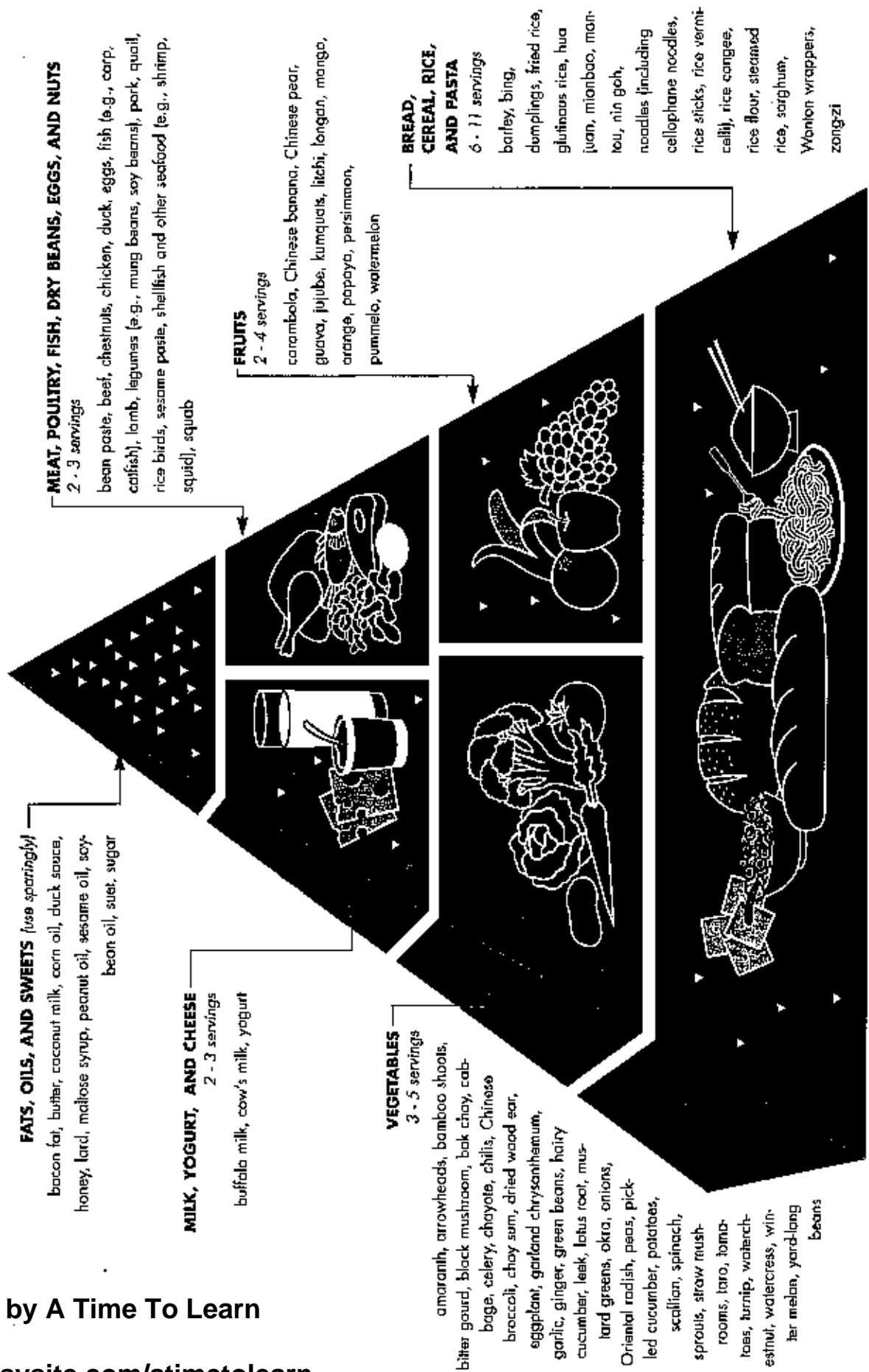
Hard-to-Place Foods

and the Food Guide Pyramid



Asian-American Foods

and the Food Guide Pyramid

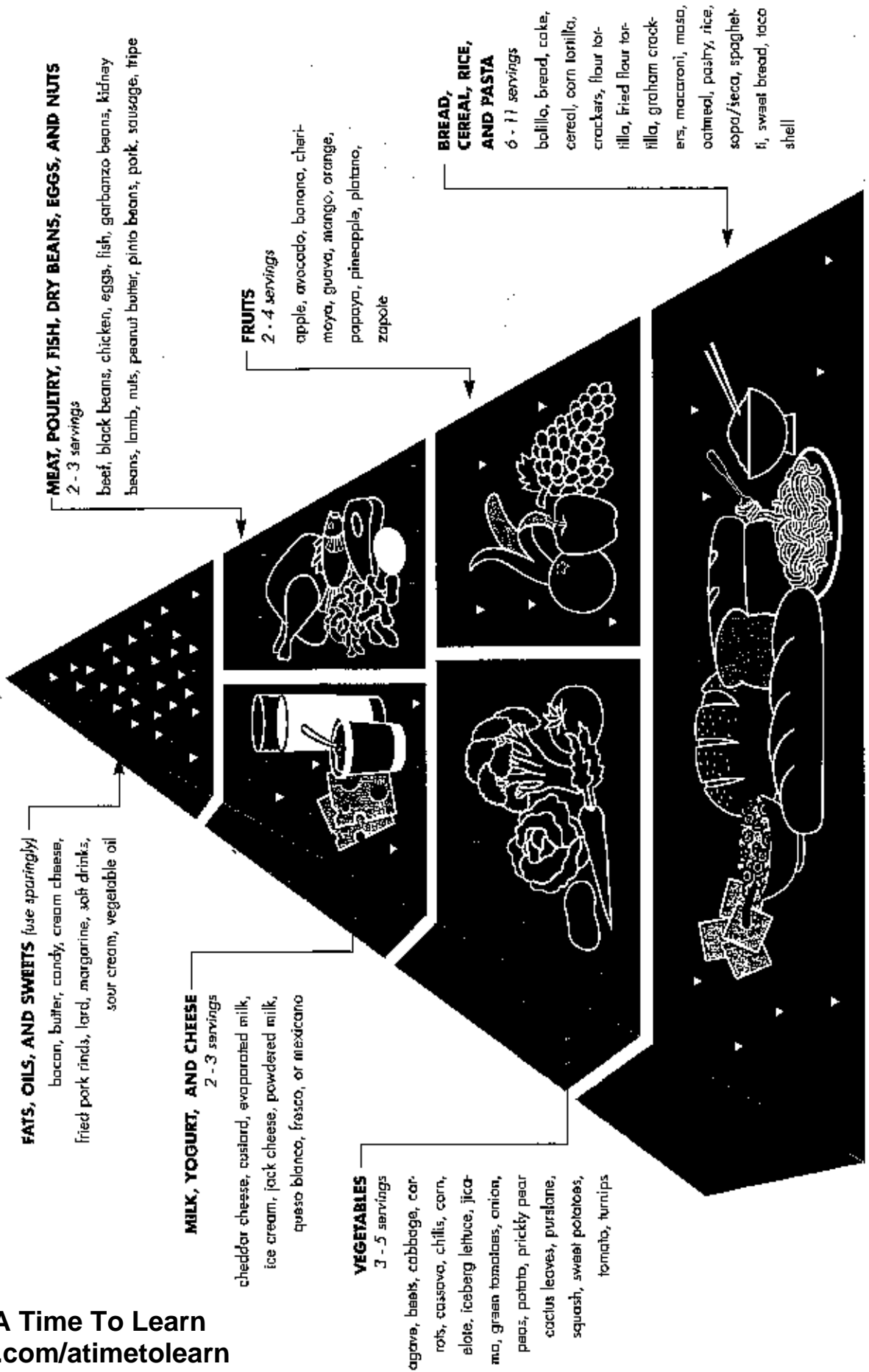


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Hispanic-American Foods

and the Food Guide Pyramid



Everyday, Sometimes, And Occasional Foods

Bread, Cereal, Rice, and Pasta Group

EVERYDAY CHOICES: (less than 3 grams of fat per serving)

Angel food cake (1/12 of a cake)	Oyster crackers	Hamburger bun	Roll
Bagel	Cookies (2):	Hot dog bun	Rotini
Barley	Fig bars	Italian bread	Rye bread
Bread crumbs	Gingersnaps	Oatmeal	Spaghetti
Breadsticks	Graham crackers	Pancake	Taco shell
Brown rice	Vanilla wafers	Pasta	Vienna bread
Buckwheat groats	Corn tortilla (not fried)	Pita bread	White bread
Bulgur	Cornmeal	Popcorn, air-popped, 1 cup	Whole wheat bread
Crackers (3-4):	Couscous	Pretzel	
Animal crackers	Egg noodles	Pumpernickel bread	
Matzo crackers	English muffin	Rice	
Rye crackers	Farina	Rice cake	
Saltines	French bread	Ready-to-eat cereal (most varieties)	
Melba toast	Grits		

SOMETIMES CHOICES: (3-5 grams of fat per serving)

Biscuit	Flour tortilla
Caramel corn	Muffin
Cookies:	Pizza crust (1/8 of a 14" crust)
Brownie (1)	Popcorn
Choc. chip (2)	commercially popped, plain, 1 cup
Croutons (0.5 oz.)	

OCCASIONAL CHOICES: (More than 5 grams of fat per serving)

Cake (1/16 of a cake)	Croissant	Pie crust	Stuffing (1/2 cup)
Cheese balls/curds	Cupcake	Popcorn	Toaster pastry
Chow mein noodles	Doughnut	commercially popped, buttered, 1 cup	Tortilla (fried)
Corn bread	Fried rice		Waffle (1)
Corn chips	Granola		
	Pastry		



Serving Sizes:
1 slice bread,
1 oz. ready-to-
eat cereal,
1/2 cup cooked
cereal, rice, or
pasta, unless
otherwise noted.

Vegetable Group

EVERYDAY CHOICES: (less than 2 grams of fat per serving)

Most vegetables
Vegetable juice
Vegetable soup (with fat removed, 1 cup)

OCCASIONAL CHOICES: (3-5 grams of fat per serving)

Coleslaw	Mashed potatoes
French fries	Potato chips
Fried vegetables	Potato salad
Hash browns	Scalloped potatoes

Fruit Group

EVERYDAY CHOICES: (less than 2 grams of fat per serving)

Most fruits
Fruit juice

SOMETIMES CHOICES: (2-3 grams of fat per serving)

Olives (4 medium)

OCCASIONAL CHOICES: (more than 3 grams of fat per serving)

Avocado (1/4 whole)



Serving Size:
1 cup raw leafy vegetables,
1/2 cup of other vegetables,
3/4 cup vegetable juice,
unless otherwise noted.



Serving Size:
1 medium apple, banana, or orange, 1/2 cup of chopped, cooked, or canned fruit, 3/4 cup fruit juice,
unless otherwise

Milk, Yogurt, and Cheese Group



Serving Size:
1 cup milk or yogurt,
1 1/2 oz. natural cheese,
2 oz. processed cheese, unless otherwise noted.

EVERYDAY CHOICES: (less than 3 grams of fat per serving)

- | | |
|-------------------------------------|---------------------------------|
| Acidophilus milk (skim) | Nonfat dry milk (reconstituted) |
| Buttermilk (skim) | Nonfat frozen yogurt |
| Evaporated skim milk | Nonfat fruited yogurt |
| Farmer cheese | Nonfat plain yogurt |
| Hot chocolate (made with skim milk) | Parmesan cheese (1 T) |
| Ice milk | Romano cheese (1 T) |
| Lowfat (1%) milk | Skim milk |
| Lowfat frozen yogurt | |
| Lowfat fruited yogurt | |

SOMETIMES CHOICES: (3-5 grams of fat per serving)

- | | |
|---------------------------------------|-----------------------------|
| Hot chocolate (made with lowfat milk) | Lactose-reduced lowfat milk |
| Lowfat acidophilus milk | Part-skim ricotta cheese |
| Lowfat chocolate milk | Soy milk |
| Lowfat cottage cheese | |
| Lowfat (2%) milk | |
| Lowfat plain yogurt | |

OCCASIONAL CHOICES: (More than 5 grams of fat per serving)

- | | | |
|---|--------------------------------------|--------------------------------|
| Blue cheese | Gruyere cheese | Tilsit cheese |
| Brick cheese | Havarti cheese | Whole buttermilk |
| Brie cheese | Hot chocolate (made with whole milk) | Whole dry milk (reconstituted) |
| Camembert cheese | Ice cream | Whole fat frozen yogurt |
| Cheddar cheese | Indian buffalo milk | Whole fat fruited yogurt |
| Cheese imitation/ substitute cheese sauce | Limburger cheese | Whole fat yogurt |
| Cheese spread | Malted milk | Whole milk |
| Chocolate milk (whole) | Milk shake | Whole milk ricotta cheese |
| Colby cheese | Monterey Jack cheese | |
| Condensed milk | Mozzarella cheese | |
| Cottage cheese (regular) | Muenster cheese | |
| Custard | Neufchatel cheese | |
| Edam cheese | Port du Salut cheese | |
| Evaporated whole milk | Processed cheese | |
| Feta cheese | Provolone cheese | |
| Filled milk | Rice pudding | |
| Fontina cheese | Roquefort cheese | |
| Gjetost cheese | Sheep's milk | |
| Goat cheese | Swiss cheese | |
| Gouda cheese | Tapiooca pudding | |

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

EVERYDAY CHOICES: (less than 10 grams of fat per serving)

Black-eyed peas	Ground turkey	Oysters	Split peas
Canadian bacon	breast	Pheasant	Squab
Catfish	Haddock	Pinto beans	Squirrel
Chicken	Halibut	Pollock	Sweetbreads*
Chickpeas	Ham	Pork tenderloin	Tofu
Clams	Heart*	Quail	Trout
Cod	Kidney*	Rabbit	Turkey
Cornish hen	Kidney beans	Refried beans	Turkey frank (1)
Crab	Lentils	Ribeye	Veal outlet
Dried chipped beef	Liver*	Rockfish	Venison
Duck (wild)	Lobster	Salmon	Whiting
Egg*	Mung beans	Scallops	
Egg substitute	Mussels	Shrimp*	
Egg white (1)	Navy beans	Sirloin	
Egg yolk (1)*	Northern beans	Sole	
Flounder	Ocean perch	Soybeans	

SOMETIMES CHOICES: (10-15 grams of fat per serving)

Bean dip	Extra-lean ground	Hot dog (1)	Pork chop
Beef tenderloin	beef	Lamb	Pork roast
Chuck roast	Flank steak	Lebanon bologna	Prime rib
Cubed beef	Goose	(2 slices)	Seeds (1 oz.)
Duck (domestic)	Ground turkey	Mackerel	

OCCASIONAL CHOICES: (More than 15 grams of fat per serving)

Peanut butter	Nuts (1/3 cup)	Sausage
Beef bologna (2 slices)	Porterhouse steak	Short ribs
Corned beef	Regular ground beef	Spare ribs
Lean ground beef	Rib roast	T-bone steak
	Ribs	



What counts as a serving?

- 2-3 oz. cooked lean meat, poultry or fish
- 1 oz. of lean meat = 1/2 cup cooked dry beans
- 1 egg
- 2 Tablespoons peanut butter

Serving sizes used for this categorization (unless otherwise noted):

- 3 oz. cooked meat, poultry, or fish
- 1/2 cup cooked dry beans
- 1 egg
- 2 Tablespoons peanut butter

Fats, Oils, and Sweets

USE SPARINGLY:

Apple butter**

Bacon*

Bacon bits*

Butter*

Candy**

Caramel***

Chocolate bar***

Corn Syrup**

Cream*

Cream cheese*

Frosting***

Fruit drinks/ades/punches**

Fruit sorbet**

Fudge***

Gelatin dessert**

Honey**

Jam**

Jelly**

Lard*

Margarine*

Marmalade**

Marshmallows**

Mayonnaise*

Molasses**

Pork rinds*

Salad dressing*

Sherbet**

Shortening*

Soft drinks**

Sour cream*

Sugar**

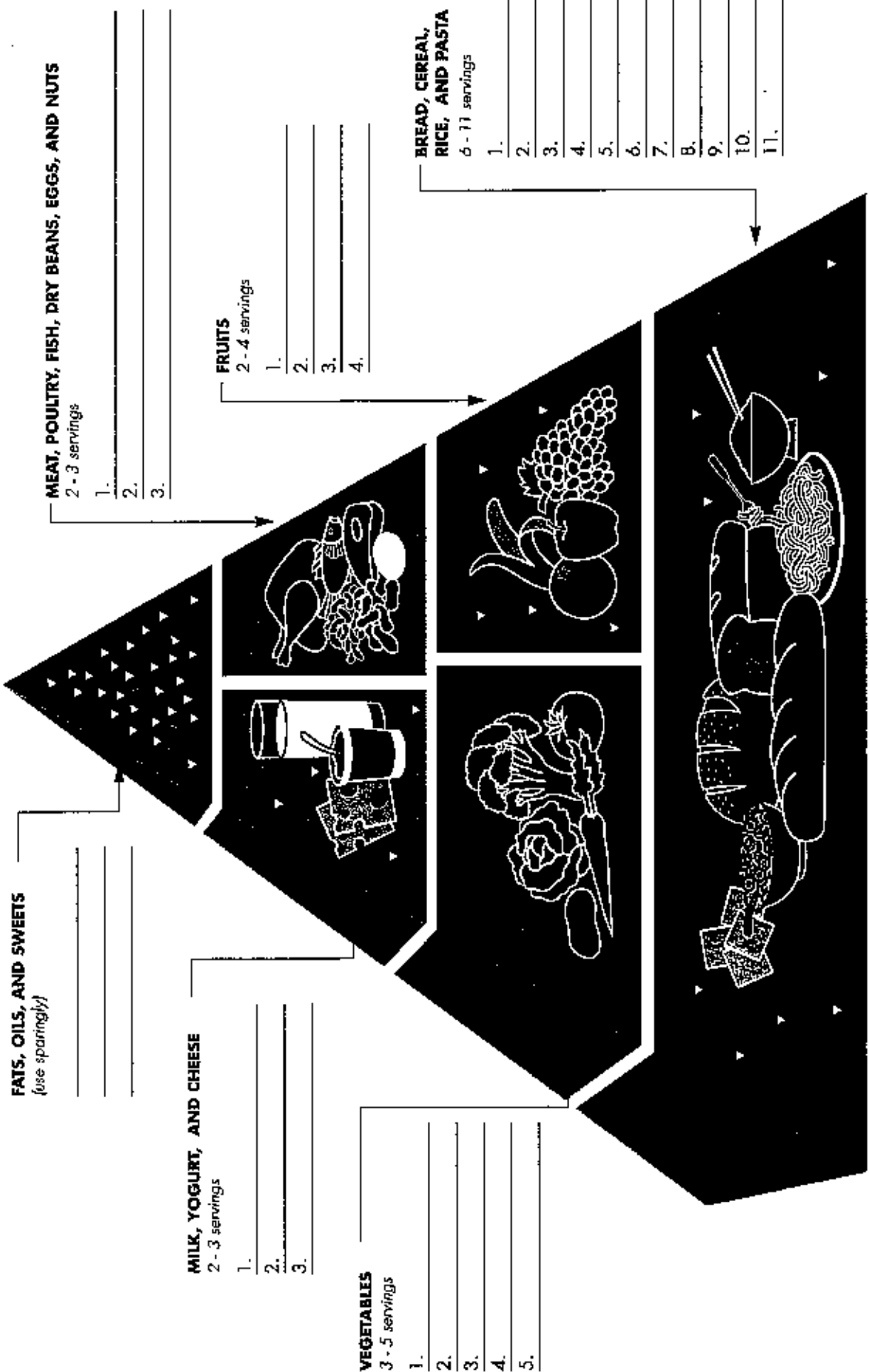
Syrups**

Vegetable oil*

Whipping cream*

Food Guide Pyramid Worksheet

A Guide to Daily Food Choices



FATS, OILS, AND SWEETS
(use sparingly)

MILK, YOGURT, AND CHEESE
2 - 3 servings

1. _____

2. _____

3. _____

MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS
2 - 3 servings

1. _____

2. _____

3. _____

FRUITS
2 - 4 servings

1. _____

2. _____

3. _____

4. _____

VEGETABLES
3 - 5 servings

1. _____

2. _____

3. _____

4. _____

5. _____

BREAD, CEREAL, RICE, AND PASTA
6 - 11 servings

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

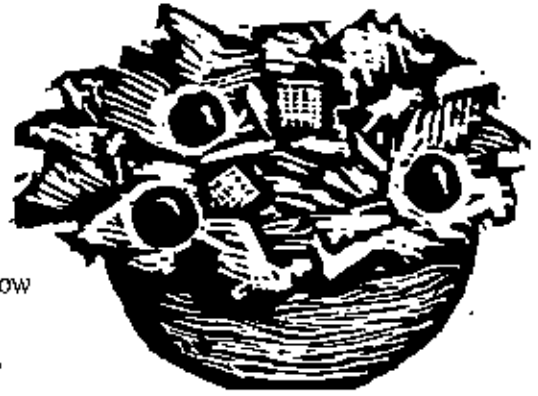
10. _____

11. _____

GOAL: Eat more vegetables.

OBJECTIVES:

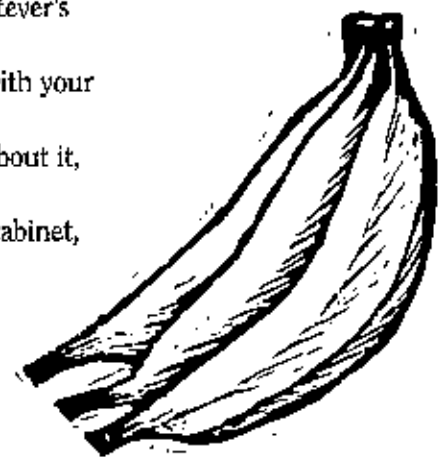
- Add to your grocery list spaghetti sauce to go with pastas.
- At the store, buy one fresh vegetable that is in peak season. Look for information about it, recipes, and serving suggestions near its display in the produce section.
- Write *Vegetables* in large bright lettering on your lunchbag—and follow through when you see the cue.
- Purchase lunch at school especially when new vegetables are featured.
- Try one of the ready-made salads at your next fast-food stop.
- Go to a farmer's market or produce stand and browse through the vegetables on Saturday morning.
- Try baking vegetables. Cut up onions and sweet pepper. Add peeled cloves of garlic. Toss around in a shallow pan or dish lightly coated with olive oil. Bake at 350 degrees until you smell them (about 20 minutes).
- Add a fresh salad to your frozen dinner.
- Buy small cans of vegetables and large bags of frozen vegetables when they're on sale. Add them to red sauces, canned soups and stews, meatloaf, and casseroles.
- Get out of the rut. Experiment with different combinations of green leafy vegetables and other fresh vegetables for salads.
- Dine out at cafeterias or buffets with lots of fresh and cooked vegetables.
- If you don't already have a good scrub brush, colander, knife, and cutting board for preparing fresh vegetables, add them to your "want list." Discount stores are good places to look if you're on a tight budget.



GOAL: Eat more fruits.

OBJECTIVES:

- Add to your grocery list dried fruits such as raisins, prunes, and apricots (whatever's on sale).
- Add to your grocery list bananas, peaches, strawberries, or blueberries to go with your cereal.
- At the store, buy one fresh fruit that is in peak season. Look for information about it, recipes, and serving suggestions near its display in the produce section.
- Buy single-serve applesauce or canned fruit to leave in your desk drawer, file cabinet, or locker (along with dried fruits).
- Go to a farmers' market or produce stand and browse on Saturday morning.
- Add fruit or fruit juice to your breakfast or morning snack.
- Have fruit salad for dessert at salad bars, buffets, and cafeterias.
- Mix and match for great fruit salad:
 - Citrus fruits and melons to make it juicy and tangy,
 - Apples and pears to make it crunchy,
 - Bananas, strawberries, kiwis, peaches and plums to add body and texture.
- Order fruit for dessert next time you dine out. If it isn't on the menu, ask.
- Post your grocery list on the refrigerator with fruit magnets. Follow through when you see the cue.
- Try this. Cut a cantaloupe or honeydew melon in half and scoop out the seeds. Cut, lengthwise, into slices. Score each slice crosswise down to the rind at bitesized



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Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

Protein 5g

Vitamin A 4%	•	Vitamin C 2%
Calcium 20%	•	Iron 4%

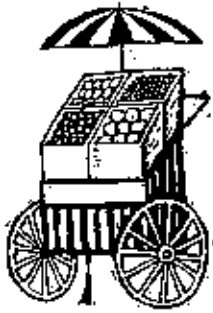
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Sample Food Label



Food Diary

Food/Beverage	Description/Preparation	Amount