

22-c1u1sa-p01-reference 参考答案

| Food group | Types of foods |
|---|--|
| Grains | <p>Whole grains: brown rice, buckwheat, bulgur (cracked wheat), oatmeal, popcorn^b, whole grain barley, whole grain cornmeal, whole rye, whole wheat bread, whole wheat crackers, whole wheat pasta, whole wheat cereal flakes, whole wheat tortillas, wild rice</p> <p>Other products: mostly made from refined grains; however, some may be made from whole grains (check the ingredients for “whole grain” or “whole wheat”): cornbread, corn tortillas, couscous, crackers, flour tortillas, pasta, pitas, pretzels, ready-to-eat cereals</p> |
| Vegetables ^b | <p>Dark green vegetables: bok choy, broccoli, collard greens, kale, spinach</p> <p>Red and orange vegetables: acorn squash, butternut squash, carrots, pumpkin, red peppers, sweet potatoes, tomatoes, tomato juice</p> <p>Starchy vegetables: corn, green peas, potatoes</p> <p>Other vegetables: artichokes, asparagus, avocado, bean sprouts, beets, brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green and red peppers, jicama, mushrooms, okra, onions, snow peas, string beans, tomatoes, vegetable juices, zucchini</p> |
| Fruit ^b | <p>Apples, applesauce, apricots, bananas, berries (strawberries, blueberries, raspberries), figs, 100% fruit juices (unsweetened), grapefruit, grapes, kiwi fruit, mangoes, melons (cantaloupe, honeydew, watermelon), nectarines, oranges, papayas, peaches, pears, plums, pineapple, raisins, prunes, starfruit, tangerines. Many of these can be offered as dried fruits as well.</p> |
| Meat, poultry, fish, dry beans, eggs, and nuts ^b | <p>Meats: lean cuts of beef, veal, pork, ham, and lamb; reduced-fat deli meats</p> <p>Poultry: skinless chicken and turkey, ground chicken and turkey</p> <p>Fish: salmon, trout, and herring are rich in omega-3 fatty acids; clams, crab, lobster, mussels, octopus, oysters, scallops, squid (calamari), canned tuna fish</p> <p>Beans: cooked beans (black beans, black-eyed peas, kidney beans, lentils, pinto beans); refried beans (made without lard); tofu (bean curd made from soy beans)</p> <p>Nuts and seeds: peanut butter; sunflower seeds, almonds, and hazelnuts are rich in vitamin E</p> <p>Eggs: chicken eggs, duck eggs</p> |
| Dairy | <p>Low-fat milk, yogurt, cheese (such as cheddar, mozzarella, Swiss, parmesan, string cheese, cottage cheese), pudding, frozen yogurt, and ice milk. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.</p> |