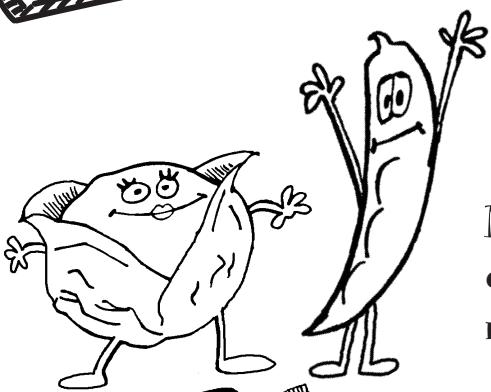


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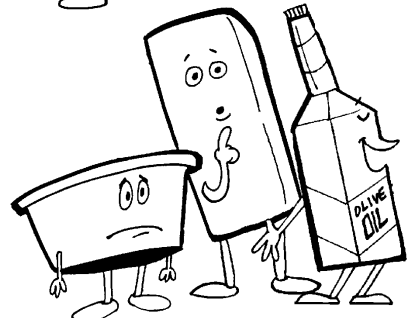
MY PYRAMID GLOSSARY



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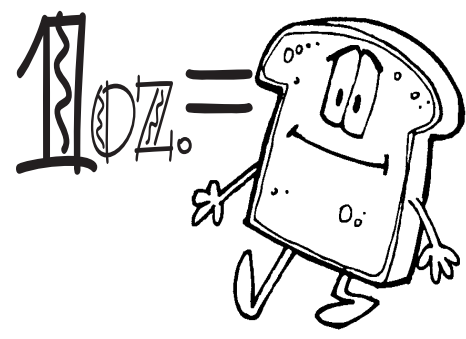


Nutrient Dense Foods: Foods that are called nutrient dense are foods that give you large amounts of vitamins and minerals, and not many calories.



Oils & Fats: Oils are fats that are liquid at room temperature and come from plants and fish. Fats are solid at room temperature, like butter, and come mostly from animals.

Ounce Equivalent: One-ounce equivalents are measurements used to tell you how much you should eat of foods in the grain and meat & beans groups. For grains a one-ounce equivalent is any food that is equal to a slice of bread. For meat & beans foods it is the amount of food equal to one ounce of cooked meat, poultry and fish.



Whole Grains: Whole grain foods are made using the whole (or complete) grain seed. Grain seeds are called kernels, and kernels have three parts... bran, germ, and endosperm. Products that are called "whole grain" have all of the seed or kernal parts in the food.

