

## Macronutrient Profile of the Food Groups

<b>Food Group*</b>	<b>Calories</b>	<b>Protein**</b>	<b>Carbs**</b>	<b>Fat**</b>
Vegetable	25	2	5	0
Fruit	60	0	15	0
Meat (very lean)	35	7	0	1
Meat (lean)	55	7	0	0-3
Meat (medium-fat)	75	7	0	4-7
Meat (high-fat)	100	7	0	8+
Grain	80	3	15	1
Dairy (fat-free, low-fat)	90	8	12	0-3
Dairy (reduced-fat)	120	8	12	5
Dairy (whole-milk)	160	8	12	8
Fat/Oil	45	0	0	5

*\*From the 5 major Food Groups. The Vegetable Group is comprised of non-starchy vegetables, while starchy vegetables are included in the Grain Group. Fat is not a Food Group.*

*\*\*Amounts in grams*

*Adapted from the American Dietetic Association Food Exchange List*

### Serving Sizes Used in Chart

**Vegetable** = ½ cup cooked, raw or juice; 1 cup leafy greens  
**Fruit** = ½ cup cut-up or juice; ¼ cup dried; 1 medium piece  
**Meat** = 1 ounce meat, poultry or fish; 1 egg; 1 Tablespoon peanut butter; ¼ cup cooked dry beans; ½ ounce nuts or seeds  
**Dairy** = 1 cup milk or yogurt; 1 ½ ounces cheese  
**Grain** = 1 slice bread, 1 cup cereal or ½ cup cooked rice, cereal or pasta, 1 medium pancake or waffle  
**Fat/Oil** = ½ Tablespoon margarine, cooking oil, mayonnaise; 1 Tablespoon salad dressing; 1 strip bacon