

**Guide to Good Food © 2015**

**Chapter 21: Salads, Casseroles, and Soups—MyPlate Activity**

**Counting Food Groups in Salads, Casseroles, and Soups**

Foods like salads, casseroles, and soups do not belong in a single MyPlate food group. These foods generally contain foods from several food groups. For instance, macaroni and cheese contains macaroni from the grains group and cheese from the dairy group.

To figure your food group intake from such foods, you need to look at the recipes. Figure the total number of cups or ounce-equivalents from each food group that is included in the recipe. Then divide these amounts by the number of servings the recipe makes to determine the food group amounts per serving. You need to keep the following equivalents in mind when adding the totals from each food group provided by a recipe.

Count as 1 ounce-equivalent from the grains group:

- 1 cup ready-to-eat cereal
- ½ cup cooked cereal, rice, or pasta (1 cup uncooked rice yields 3 cups cooked; 1 cup uncooked pasta yields 2 cups cooked)
- 1 slice bread

Count as 1 cup from the vegetable group:

- 1 cup cut vegetables or vegetable juice
- 2 cups leafy vegetables

Count as 1 cup from the fruit group:

- 1 cup cut fruit or fruit juice
- ½ cup dried fruit

Count as 1 cup from the dairy group:

- 1 cup milk or yogurt
- 1½ ounces natural cheese
- 2 ounces process cheese (1 cup shredded natural or process cheese equals 4 ounces)

Count as 1 ounce-equivalent from the protein foods group:

- 1 ounce cooked lean meat, poultry, or fish
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds
- ¼ cup cooked dry beans or tofu

As an example, consider a recipe for a breakfast casserole that makes six servings. The recipe includes 3 cups of diced potatoes and 6 eggs. It also calls for 3 ounces of chopped ham and 1½ cups of shredded natural cheese. It is easy to see the potatoes in this recipe provide ½ cup per serving from the vegetable group. The eggs and ham supply a total of 9 ounce-equivalents from the protein foods group. Dividing this amount by 6 tells you there are 1½ ounce-equivalents from the protein foods group per serving. You can calculate the recipe includes 6 ounces of natural cheese, which counts as 4 cups from the dairy group. This means a serving of the casserole would provide ⅔ cup from the dairy group.

Figure the food group amounts provided by a serving of each of the following recipes.

### Activity Questions:

1. Greens and Cheese Pasta Salad

4 cups penne pasta, cooked

6 ounces sliced Swiss cheese

9 cups Romaine lettuce

¾ cup grated Parmesan cheese

Serves 6

2. The above salad is accompanied by a recipe of vinaigrette dressing that contains ⅓ cup olive oil. How many teaspoons of oil would each serving of this dressing provide?

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3. Sweet and Sour Pork Stir-Fry

1 pound lean pork cubes

$\frac{3}{4}$  cup thin onion wedges

3 cups green pepper strips

2 cups canned pineapple chunks

3 cups cooked rice

Serves 6

4. The previous dish is stir-fried in 2 tablespoons of vegetable oil. How many teaspoons of oil would each serving of this dish provide?

5. Chicken Noodle Soup

12 cups seasoned chicken broth

1 cup sliced celery

1 cup diced carrots

1 cup chopped mushrooms

1 cup chopped onion

4 cups uncooked noodles

1½ pounds boneless, skinless chicken breasts, cooked and diced

Serves 12