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SPECIAL

Meat, Poultry, & Seafood: 78 Pounds per person The good news: beef hasn't been this low since the 1950s. 1 That may cut the risk of heart disease and help curb greenhouse gas emissions. 50 On the downside, chicken and pork can't seem to pull away from beef. What's more, red meat by Bonnie (mostly beef plus pork) is at 74 pounds per person per ...

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AWAY-FROM-HOME FOODS INCREASINGLY IMPORTANT TO QUALITY OF AMERICAN DIET

Away-From-Home Foods Increasingly Important to Quality of American Diet. By Bing-Hwan Lin and Elizabeth Frazo, Food and Rural Economics Division, Economic Research Service, U.S. Department of Agriculture; and Joanne Guthrie, Food and Drug Administration, U.S. Department of Health and Human Services. Agriculture Information Bulletin No. 749. Abstract The increasing popularity of dining out over the past...

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The DASH Diet Daily Significance of Examples for a Typical Food Group Servings Serving Sizes Each Food Group African American Diet Except as noted to the DASH Diet Grains and 7-8 1 slice bread Bread biscuit cornbread Major sources of grain products 1 c 0 24 L ready-to-eat cereals oatmeal grits rice energy and fiber-to-eat cereal pasta crackers unsalted 0 12 L pretzels cooked rice pasta or cereal Vegetables 4-5 1 ...





















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