

Calorie

A measure of the amount of energy provided by a food.

Hand symbols

A way to measure the amount of food, using your hand to compare to the proper serving size.

Measure

A way to find the amount of something...in this case, food.

Mixed foods

Those that contain more than one food group.

Nutrient

What we get from food to help our bodies grow strong, develop and stay healthy.

Serving size

The right amount of a given food to eat at a meal or snack.