

Food Guide Pyramid

A Daily Food Planner

This food pyramid suggestions are for anyone two-years-old and older. As you choose food, keep in mind:

Milk, Yogurt and Cheese Group

2 to 3 servings each day

Vegetable Group

3 to 5 servings each day

Bread, Cereal, Rice and Pasta Group

11 servings each day

Fats, Oils and Sweets

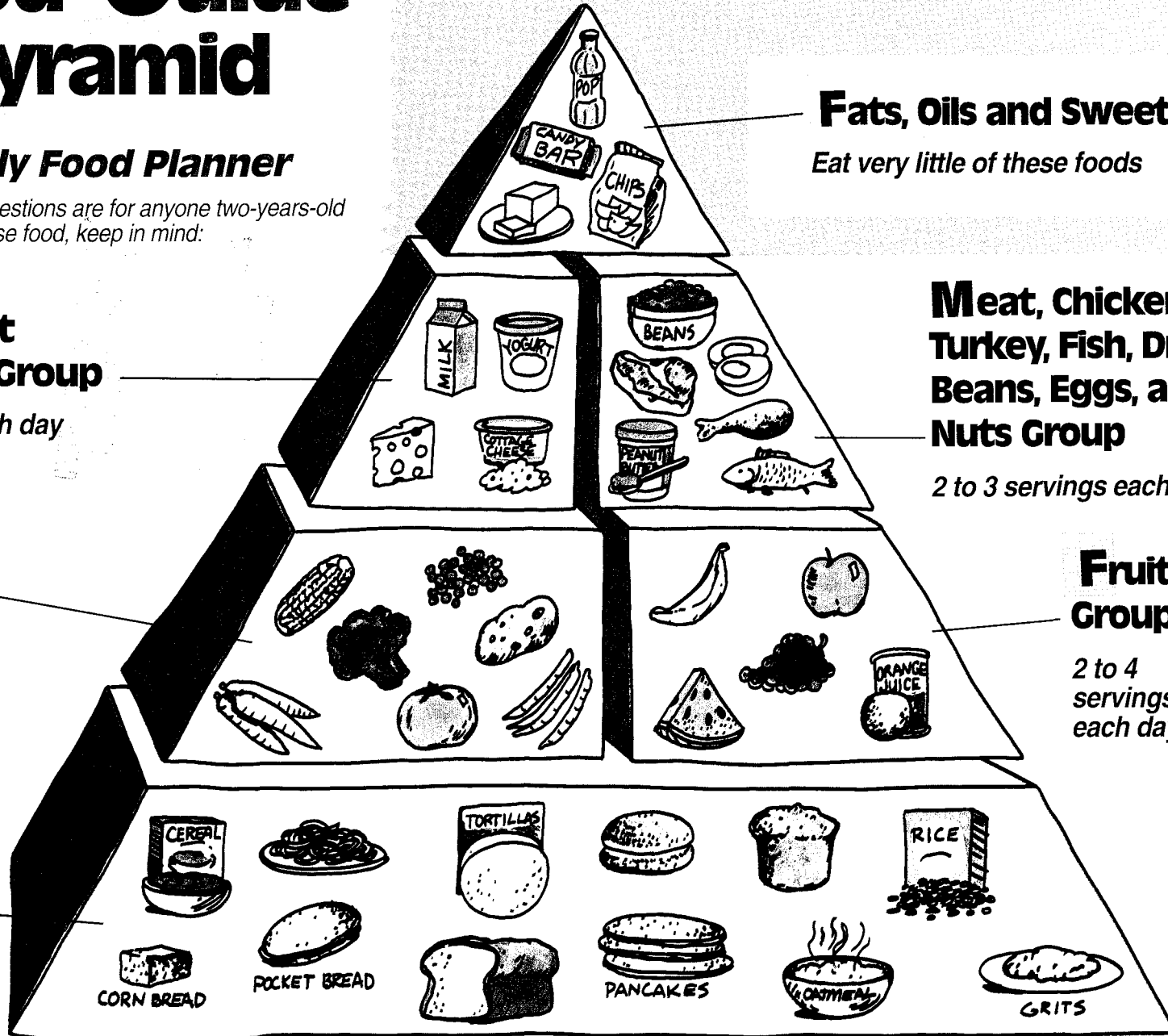
Eat very little of these foods

Meat, Chicken, Turkey, Fish, Dry Beans, Eggs, and Nuts Group

2 to 3 servings each day

Fruit Group

2 to 4 servings each day



Food Guide Pyramid

The Food Guide Pyramid shows all the food groups. The five major food groups are shown in the bottom three layers of the pyramid. Most of your daily food choices should come from these groups. The top section of the pyramid shows foods you should eat only once in a while. Each of the food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another group. No one food group is more important than another. For a healthy body, you need a variety of food from all of the groups.

It's hard to know exactly how much food you need to eat to grow normally. Preschool children need the same variety of foods as older children and adults, but eat smaller servings.

They need to have at least two servings a day from the milk group. The suggestions in the Food Guide Pyramid should be followed by anyone two-years-old or older. You can help your body be healthy and strong by eating right, exercising, and taking good care of yourself!



Good Eating Tips

- ▲ Eat a variety of foods.
- ▲ Maintain a healthy weight.
- ▲ Choose a diet low in fat, saturated fat, and cholesterol.
- ▲ Choose a diet with plenty of vegetables, fruits, and grain products.
- ▲ Eat sugar and foods containing sugar only once in a while.
- ▲ Eat salt and foods containing salt in moderation.
- ▲ If you drink alcoholic beverages, do so in moderation. If you are pregnant, do not drink alcohol. Babies can be born sick if mothers drink too much alcohol.

What counts as a serving?

Milk, Yogurt and Cheese

Eat 2-3 serving each day.

A serving is:

- ▲ 1 cup of milk or yogurt
- ▲ 1½ ounces of natural cheese like swiss, cheddar, mozzarella
- ▲ 2 ounces of processed cheese like American cheese (2 slices)
- ▲ 2 cups of cottage cheese

For a healthy diet, use skim or low-fat (1%-2%) milk, non-fat or low-fat yogurt, and low-fat cheese.

Vegetables

Eat 3-5 servings of a variety of vegetables each day.

A serving is:

- ▲ 1 cup of raw leafy vegetables such as lettuce or spinach
- ▲ ½ cup of fresh, cooked or canned vegetables
- ▲ ¾ cup of vegetable juice

Bread, Cereal, Rice and Pasta

Eat 6-11 servings each day.

A serving is:

- ▲ 1 slice of bread
- ▲ ½ of a hamburger bun, bagel, or English muffin
- ▲ 1 ounce of dry, ready to eat cereal (usually ⅔ - ¾ cup)
- ▲ ½ cup of cooked cereal, rice or pasta
- ▲ 4 small crackers

Meat, Chicken, Turkey, Fish, Dry Beans, Eggs and Nuts

Eat 2-3 servings each day.

A serving is:

- ▲ 3 ounces of lean meat
- ▲ 3 ounces of fish
- ▲ 3 ounces of chicken or turkey
- ▲ 3 ounces of ground beef
- ▲ 4 slices of bologna
- ▲ 2 eggs
- ▲ 1 cup of cooked dry beans and peas
- ▲ 4 tablespoons of peanut butter
- ▲ ⅓ cup of nuts

Fruits

Eat 2-4 servings of a variety of fruits each day.

A serving is:

- ▲ 1 whole fruit, medium apple, banana, kiwi, orange, peach, etc.
- ▲ ½ cup of raw or canned fruit
- ▲ ¾ cup of unsweetened fruit juice
- ▲ ¼ of an avocado

Fats, Oils and Sweets

Eat very few of these.

They are high in fat and sugar and low in good nutrition that our bodies need.

- ▲ butter, margarine
- ▲ mayonnaise
- ▲ salad dressing
- ▲ sour cream
- ▲ cream cheese
- ▲ sugar, jam, jelly
- ▲ pop
- ▲ fruit drinks
- ▲ candy bar
- ▲ sherbet
- ▲ gelatin dessert