

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

KEY

◻ Fat (naturally occurring and added)

◻ Sugars (added)

These symbols show fats, oils, and added sugars in foods.

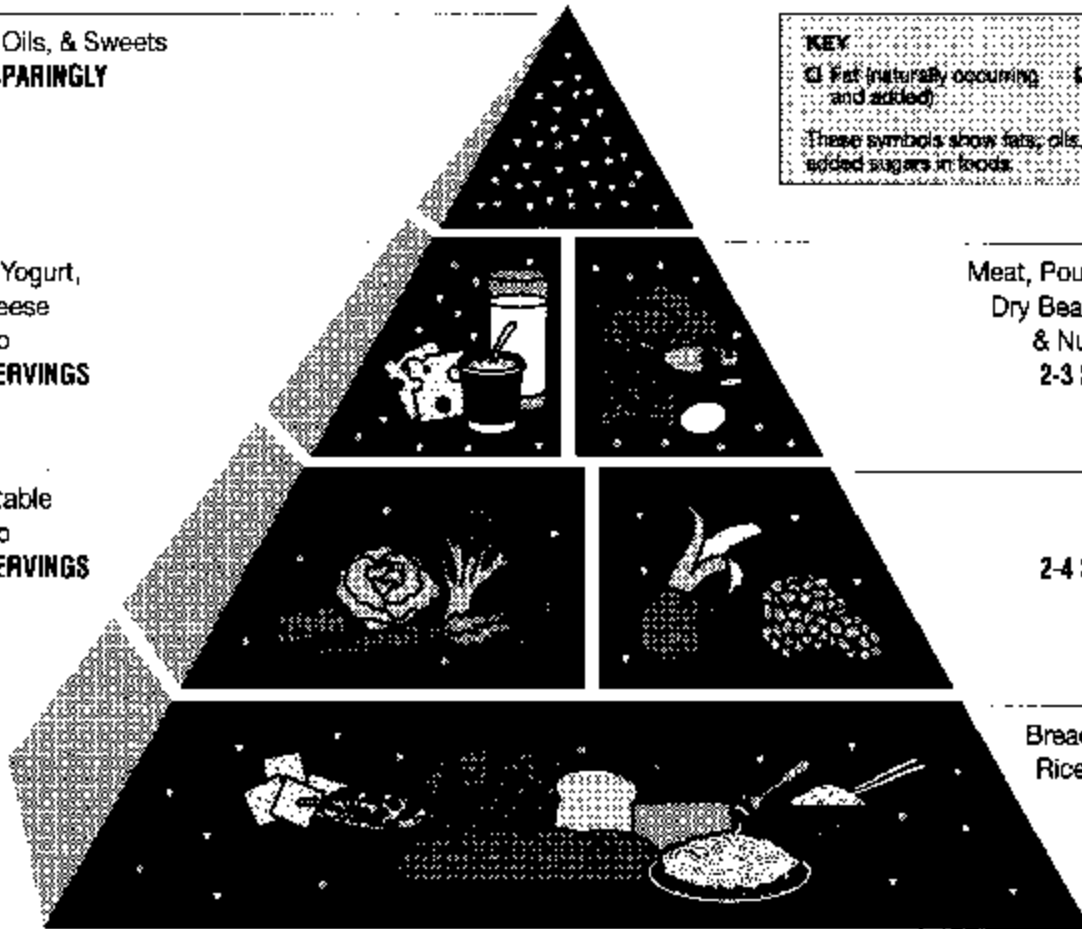
Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS



WHAT IS THE FOOD GUIDE PYRAMID?

The pyramid is an outline of what to eat each day **foods** to get the nutrients you need and at the same time the not a rigid prescription, but a general guide that lets you right amount of calories to maintain a healthy weight. The choose a healthful diet that's right for you. Pyramid also focuses on fat because most American diets are too high in fat, especially saturated fat.

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The Dietary Guidelines for Americans

Eat a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need for good health.

Maintain healthy weight to reduce your chances of having high blood pressure, heart disease, a stroke, certain cancers, and the most common kind of diabetes.

Choose a diet low in fat, saturated fat, and cholesterol to reduce your risk of heart attack and certain types of cancer. Because fat contains over twice the calories of an equal amount of carbohydrates or protein, a diet low in fat can help you maintain a healthy weight.

Choose a diet with plenty of vegetables, fruits and grain products which provide needed vitamins, minerals, fiber, and complex carbohydrates, and can help you lower your intake of fat.

Use sugars only in moderation. A diet with lots of sugars has too many calories and too few nutrients for most people and can contribute to tooth decay.

Use salt and sodium only in moderation to help reduce your risk of high blood pressure.

FOOD GROUP	SUGGESTED DAILY	WHAT COUNTS AS A SERVING?
Breads, Cereals, and Other Grain Products: Whole-grain enriched	6-11 servings from entire group, (include several servings of whole-grain products daily)	! slice of bread ! ½ hamburger bun or English muffin ! a small roll, biscuit, or muffin ! 3-4 small or 2 large crackers ! ½ cup cooked cereal, rice or pasta ! 1 oz. of ready-to-eat breakfast cereal
Vegetables: Dark green leafy Deep yellow Dry beans and peas Starchy and other vegetables	3-5 servings from entire group	! ½ cup cooked vegetables ! ½ cup chopped raw vegetables ! 1 cup leafy raw vegetables, such as lettuce or spinach
Fruits: Citrus, melon, berries Other fruits	2-4 servings from entire group	! a whole fruit such as a medium apple, banana or orange ! a grapefruit half ! a melon wedge ! ¾ cup of juice ! ½ cup of berries ! ½ cup cooked or canned fruit ! ¼ cup dried fruit

<p>Meat, Poultry, Fish and Alternates: eggs dry beans and beans nuts and seeds</p>	<p>2-3 servings from entire group</p>	<p>! Amounts should total 5 to 7 oz. of cooked lean meat, poultry, or fish a day. ! Count 1 egg, ½ cup cooked beans, or 2 Tbsp. peanut butter as 1 oz. of meat.</p>
<p>Milk, Cheese and Yogurt</p>	<p>! 2 servings from entire group ! 3 servings for women who are pregnant or breastfeeding ! 3 servings for teenagers and young adults ! 4 servings for teens who are pregnant or breastfeeding</p>	<p>! 1 cup milk ! 8 oz. of yogurt ! 1½ oz. of natural cheese ! 2 oz. of processed cheese</p>
<p>Fats and Sweets</p>	<p>Avoid too many fats and sweets.</p>	