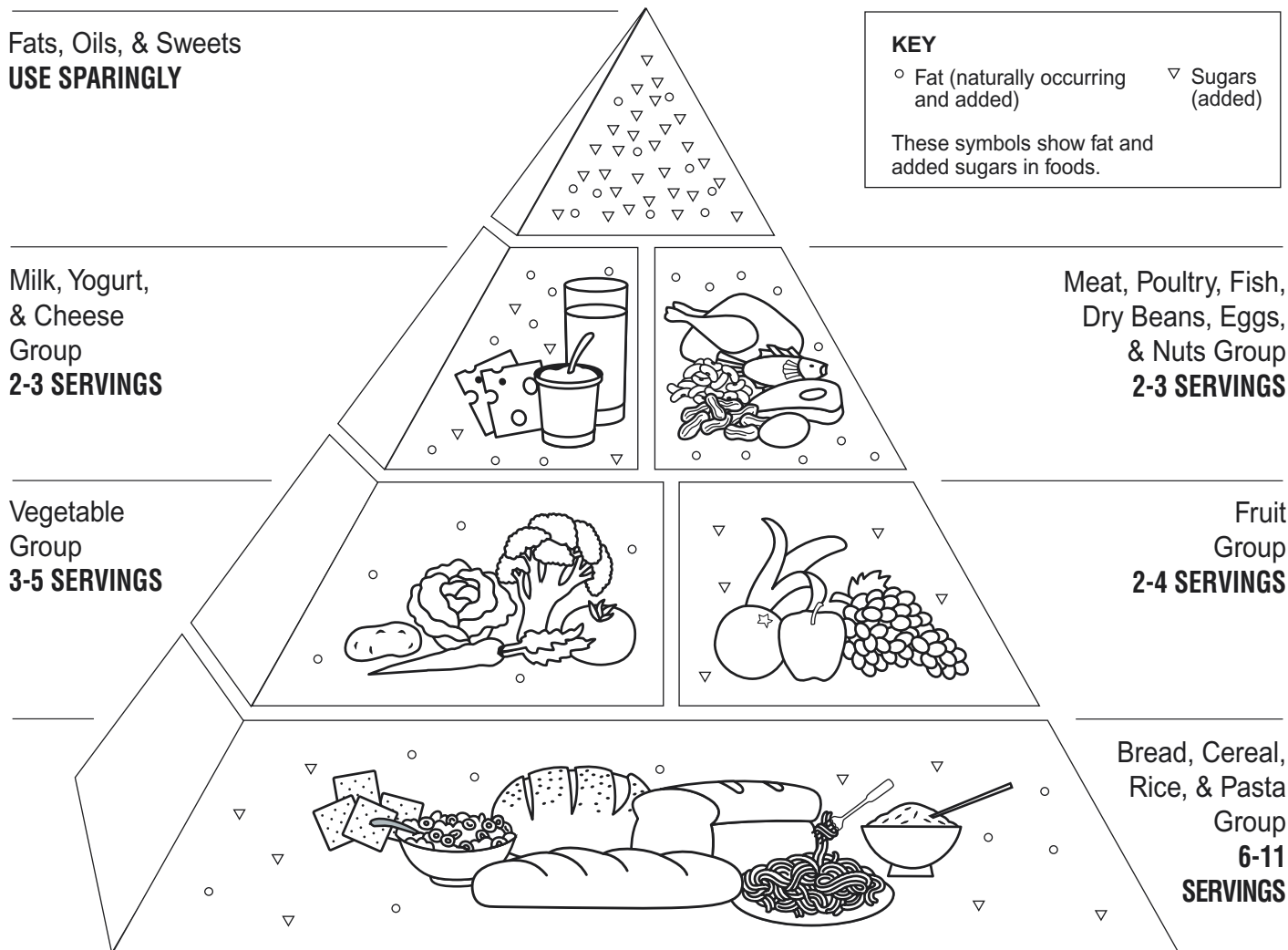


# Food Guide Pyramid

## A Guide to Daily Food Choices



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services, August 1992

Use the Food Guide Pyramid to help you eat better every day...the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another—for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.



## How to Use the Daily Food Guide

### What counts as one serving?

#### Breads, Cereals, Rice, and Pasta

- 1 slice of bread
- 1/2 cup of cooked rice or pasta
- 1/2 cup of cooked cereal
- 1 ounce of ready-to-eat cereal

#### Vegetables

- 1/2 cup of chopped raw or cooked vegetables
- 1 cup of leafy raw vegetables

#### Fruits

- 1 piece of fruit or melon wedge
- 3/4 cup of juice
- 1/2 cup of canned fruit
- 1/4 cup of dried fruit

#### Milk, Yogurt, and Cheese

- 1 cup of milk or yogurt
- 1-1/2 to 2 ounces of cheese

#### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- 2-1/2 to 3 ounces of cooked lean meat, poultry, or fish
- Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

#### Fats, Oils, and Sweets

LIMIT CALORIES FROM THESE especially if you need to lose weight

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

### How many servings do you need each day?

|                 | Women & some older adults  | Children, teen girls, active women, most men | Teen boys & active men     |
|-----------------|----------------------------|--|----------------------------|
| Calorie level*  | about 1,600                | about 2,200                                  | about 2,800                |
| Bread group     | 6                          | 9  | 11                         |
| Vegetable group | 3                          | 4  | 5                          |
| Fruit group     | 2                          | 3  | 4                          |
| Milk group      | **2-3                      | **2-3  | **2-3                      |
| Meat group      | 2, for a total of 5 ounces | 2, for a total of 6 ounces                   | 3, for a total of 7 ounces |

\*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

\*\*Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

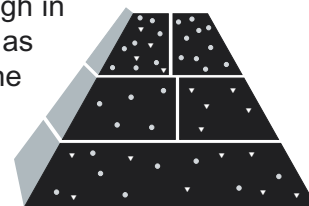
### A closer look at fat and added sugars



The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. Alcoholic beverages are also part of this

group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group, or french fries from the vegetable group.



When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils, and sweets from the Pyramid tip.