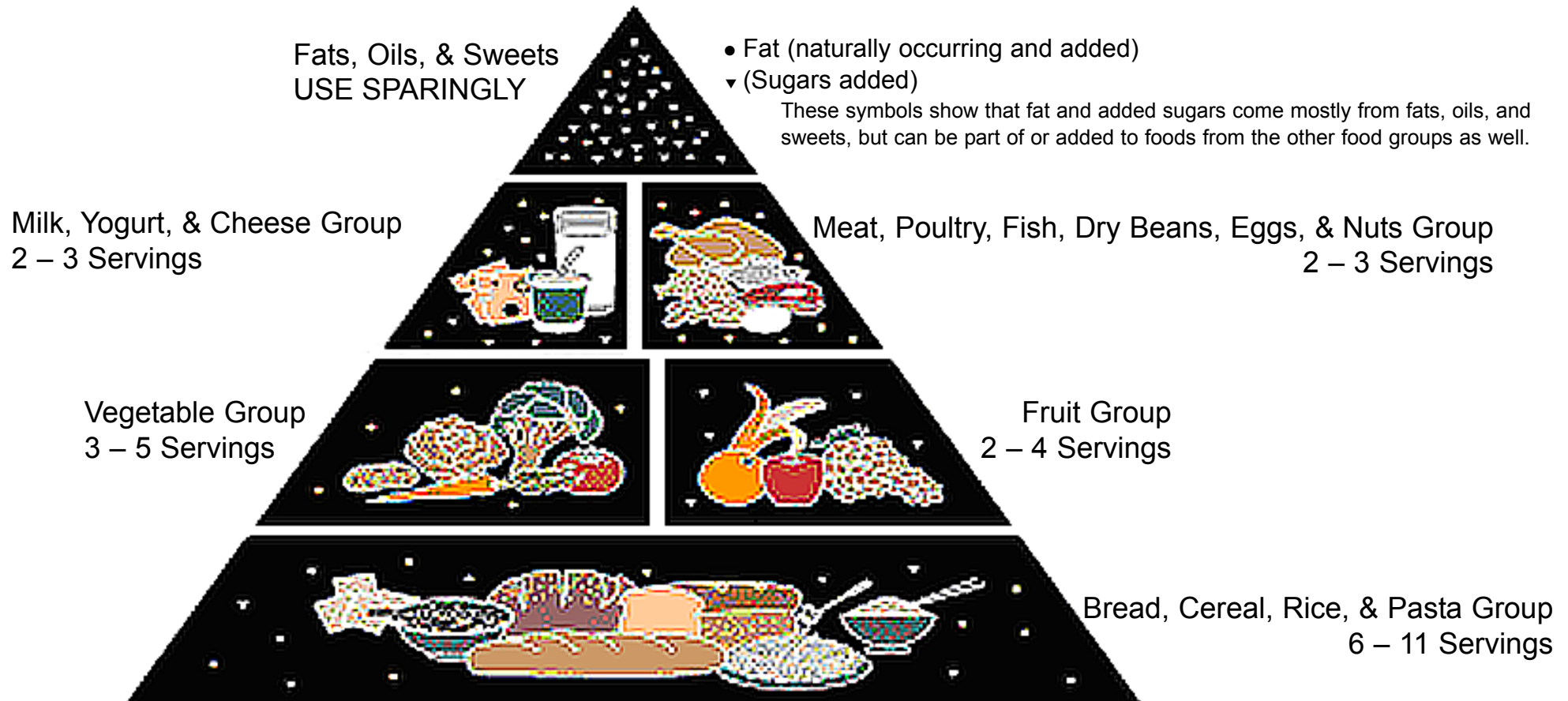


FOOD GUIDE PYRAMID

A GUIDE TO DAILY FOOD CHOICES



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

WHAT COUNTS AS A SERVING?

Bread, Cereal, Rice, & Pasta – 1 slice of bread, ½ bun or bagel, ¾ cup dry cereal, ½ cup hot cereal, rice, or pasta, 4 – 6 individual crackers

Vegetables – 1 cup raw or leafy green vegetables, ½ cup other kinds of cooked vegetables

Fruits – 1 medium size piece of fruit, ½ cup fresh, cooked, or canned fruit, ¾ cup fruit juice

Milk, Yogurt, and Cheese – 1 cup milk, 8 oz yogurt, 1 slice cheese, ½ cup ice cream or sherbet

Meat, Dry Beans, Eggs, Nuts, & Seeds – total 5 – 7 oz of cooked lean meat, poultry, or fish each day,
1 oz of meat equals ½ cup cooked beans, 1 egg, 2 Tbsp peanut butter

