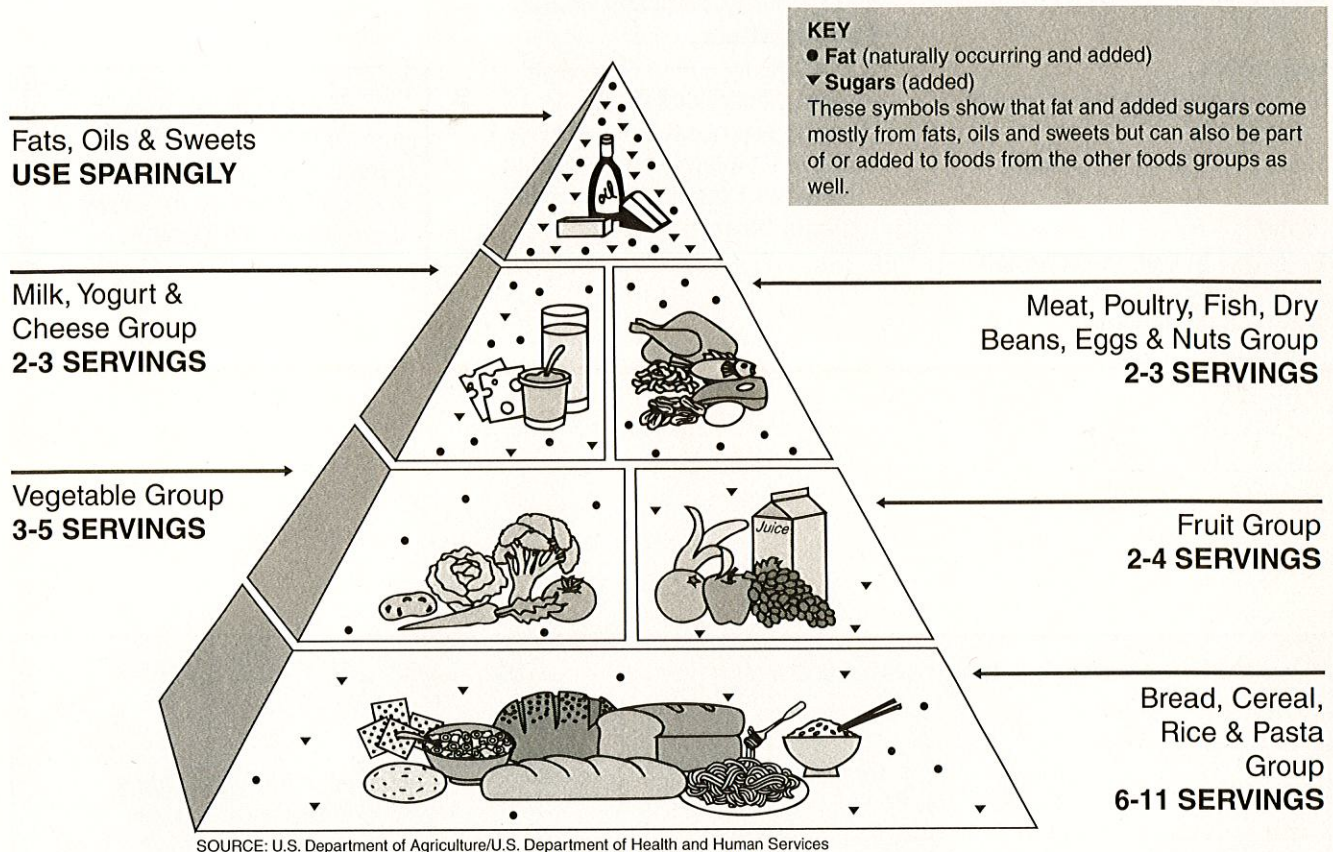


# Food Guide Pyramid

## A Guide to Daily Food Choices



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

the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts 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. But go easy on Fats, Oils and Sweets — the foods in the small tip of the pyramid.

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**Food Guide Pyramid: A Guide to Daily Food Choices**



# How To Use the Daily Food Guide

## What counts as one serving?

### Bread, Cereal, Rice and Pasta

1 slice of bread  
 ½ cup of cooked rice or pasta  
 ½ cup of cooked cereal  
 1 ounce of ready-to-eat cereal

### Vegetables

½ cup of chopped raw or cooked vegetables  
 1 cup of leafy raw vegetables

### Fruits

1 piece of fruit or melon wedge  
 ¾ cup of juice  
 ½ cup of canned fruit  
 ¼ cup of dried fruit

### Milk, Yogurt and Cheese

1 cup of milk or yogurt  
 1½ to 2 ounces of cheese

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

2½ to 3 ounces of cooked lean meat, poultry or fish  
 Count ½ 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

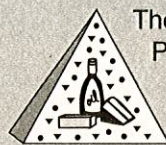
The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

## How many servings do you need each day?

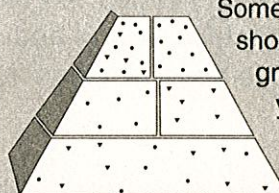
	Women & some older adults	Children, teen girls active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	2-3	2-3	2-3
Meat Group	2, for a total of 5 oz.	2, for a total of 6 ounces	3 for a total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

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

## A Closer Look at Fat and Added Sugars



The small tip of the Food Guide 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 Food Guide Pyramid tip.