

Using the Food Guide Pyramid

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Use the Food Guide Pyramid to help you eat well every day.

What is the minimum number of servings that you need daily?

Category	Grain Group	Vegetable Group	Fruit Group	Milk Group	Protein Group
Less active women, some older men (1600 calories)	6	3	2	2 - 3	2
Teen girls, moderately active women, less active men (2200 calories)	9	4	3	2 - 3	2
Teen boys, active men (2800 calories)	11	5	4	2 - 3	3

Note: Pregnant and breastfeeding women need three servings daily from both the Milk Group and the Protein Group.

Limit Fats and Sugars

The small tip of the Food Guide Pyramid shows fats, oils, and sweets. These are foods such as salad dressing, butter, margarine, sugars, soft drinks, candies, and sweet desserts. These foods provide calories but few vitamins and minerals. Most people should go easy on these foods.

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Eating Right is Basic (Third Edition), 1995. Michigan State University Extension



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Using the Food Guide Pyramid (cont.)

What counts as one serving?

Grain Group	Vegetable Group	Fruit Group	Milk Group	Protein Group
<ul style="list-style-type: none"> • 1 slice bread • 1 ounce dry cereal • 1/2 cup cooked rice, noodles, or grits • 1/2 hot dog, or hamburger bun • 1 tortilla • 1 four inch pancake or waffle 	<ul style="list-style-type: none"> • 1/2 cup cooked vegetable • 1 cup raw leafy vegetable • 1/2 cup raw, chopped, vegetable 	<ul style="list-style-type: none"> • 1 medium whole fruit • 1/2 cup canned, cooked, or chopped fruit • 3/4 cup juice • 1/4 cup dry fruit 	<ul style="list-style-type: none"> • 1 cup milk • 1 1/2 ounce natural cheese • 2 ounces process cheese • 1/2 cup of ice milk, cottage cheese, frozen yogurt, ice cream, custard, or milk pudding* 	<ul style="list-style-type: none"> • 2 to 3 ounces cooked meat, poultry or fish <i>These count as 1/2 serving:</i> • 1/2 cup cooked beans • 2 tablespoons peanut butter • 1 egg • 1/3 cup nuts

*1/2 cup cottage cheese has as much calcium as 1/4 cup of milk.

1/2 cup ice milk, frozen yogurt, or ice cream has as much calcium as 1/3 cup of milk.

1/2 cup of custard or milk pudding has as much calcium as 1/2 cup of milk.