

FOOD GUIDE PYRAMID

A Guide to Daily Food Choices

Know your age related serving size in “meats & dairy”

Second servings at meals: choose from vegetable group

Snacking: choose from vegetable and fruit groups

The Food Guide Pyramid emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another for good health, you need them all.



Fats, Oils, & Sweets
USE SPARINGLY

KEY

These symbols show fats and added sugars in foods.

-  Fat (naturally occurring and added)
-  Sugars (added)

DRINK ONLY WATER BETWEEN MEALS

The Pyramid is a culture of what to eat each day. It's not a rigid prescription but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

Milk, Yogurt,
& Cheese Group
**2-3 SERVINGS
DAILY**

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

Vegetable Group
**3-5 SERVINGS
DAILY**

Fruit Group
**2-4 SERVINGS
DAILY**

Bread, Cereal,
Rice, & Pasta Group
**Select “brown”
whole grain
choices as part
of healthy
meals**

BREADS AND CEREALS	FOODS INCLUDED IN THIS GROUP ARE:	SERVING SIZE			DAILY RECOMMENDED SERVINGS	KEY NUTRIENTS SUPPLIED
		1 year	2-3 Years	4-5 Years		
6 servings daily in the amounts recommended from the variety of foods listed in this group						
	whole-grain, enriched, or restored breads	1/2 slice	3/4 slice	3/4-1 slice	6 servings daily	Thiamin
	cooked cereals, rice, and pasta	1/4 c.	1/3 c.	1/2 c.		Iron
	whole-grain or fortified ready-to-eat cereals	1/2 oz.	3/4 oz.	1 oz.		Niacin
5 servings daily in the amounts recommended from the variety of foods listed in this group						
FRUITS AND VEGETABLES	VITAMIN C SOURCE FRUITS AND VEGETABLES: citrus fruits, berries, melons, tomatoes, peppers, cabbage, cauliflower, broccoli, chilies, and potatoes	1/3 c.	1/2 c.	1/2 c.	1 Vitamin C source daily	Vitamin C Carbohydrates including fiber
	VITAMIN A SOURCE FRUITS AND VEGETABLES: (DEEP GREEN AND YELLOW) melons, peaches, apricots, carrots, spinach, broccoli, squash, pumpkin, sweet potatoes, tomatoes, Brussels sprouts	1-2 T.	3-4 T.	4-5 T.	1 Vitamin A source 3-4 times per week	Vitamin A Carbohydrates including fiber
	OTHER FRUITS	1/4 c.	1/4 c.	1/2 c.	3 servings - of other fruits and vegetables daily	Carbohydrates including fiber
	OTHER VEGETABLES	1-2 T.	3-4 T.	4-5 T.		
2 servings daily in the amounts recommended from the variety of foods listed in this group						
MEAT AND MEAT ALTERNATIVES	beef, pork, lamb, fish and poultry liver (every few weeks)	Fist Sized Portion	Fist Sized Portion	Fist Sized Portion	2 servings daily	Protein Niacin Iron
	eggs	1	1	1		Thiamin
	cooked legumes, dried beans, or peas	1/4 c.	1/3 c.	1/2 c.		
	nuts Nuts and chunks of unspread peanut butter are not recommended for children under 4 because they can cause choking					
3 servings daily in the amounts recommended from the variety of foods listed in this group						
MILK AND DAIRY PRODUCTS	milk, yogurt, and milk-based soups	1/2 c.	1/2 c.	1/2 c. - 3/4 c.	3 servings daily (2 of which should be servings from the milk, yogurt, and milk-based soups). For children around 1 year, additional calories and nutrients may come from breast milk, instant formula, and cow's milk.	Calcium Riboflavin Protein
	cottage cheese custard, milk pudding, and ice cream (served only after a meal)	2-4 T.	4-6 T.	6 T.		
	cheese (1 oz. = 1 slice or a 1 inch cube)	1/2 slice	3/4 slice	1 slice		
FATS/OILS	margarine, butter, oils, mayonnaise and salad dressings (1 Tablespoon = 100 calories)	1 tsp.	1 tsp.	1 tsp.	3 servings daily in the amounts recommended	This group is a significant source of fats for which there is no U.S. RDA.
OTHER FOODS	jams, jellies, sweet desserts, gravies, and catsup	USE IN MODERATION			NO AMOUNT RECOMMENDED 3 servings daily is Maximum	This group is a significant source of fats for which there is no U.S. RDA.

Summary of Suggestions

1. Learn portion sizes in dairy & meats and limit to mealtime use.
2. "Seconds" at mealtime - steamed vegetables.
3. Snack ONLY in the produce department.
4. Drink ONLY water between meals.
5. Select Brown whole grain breads, grains, rice, & pasta.
6. Learn to cook & eat at home.