



H8-10 FOOD GUIDE PYRAMID QUICK REFERENCE

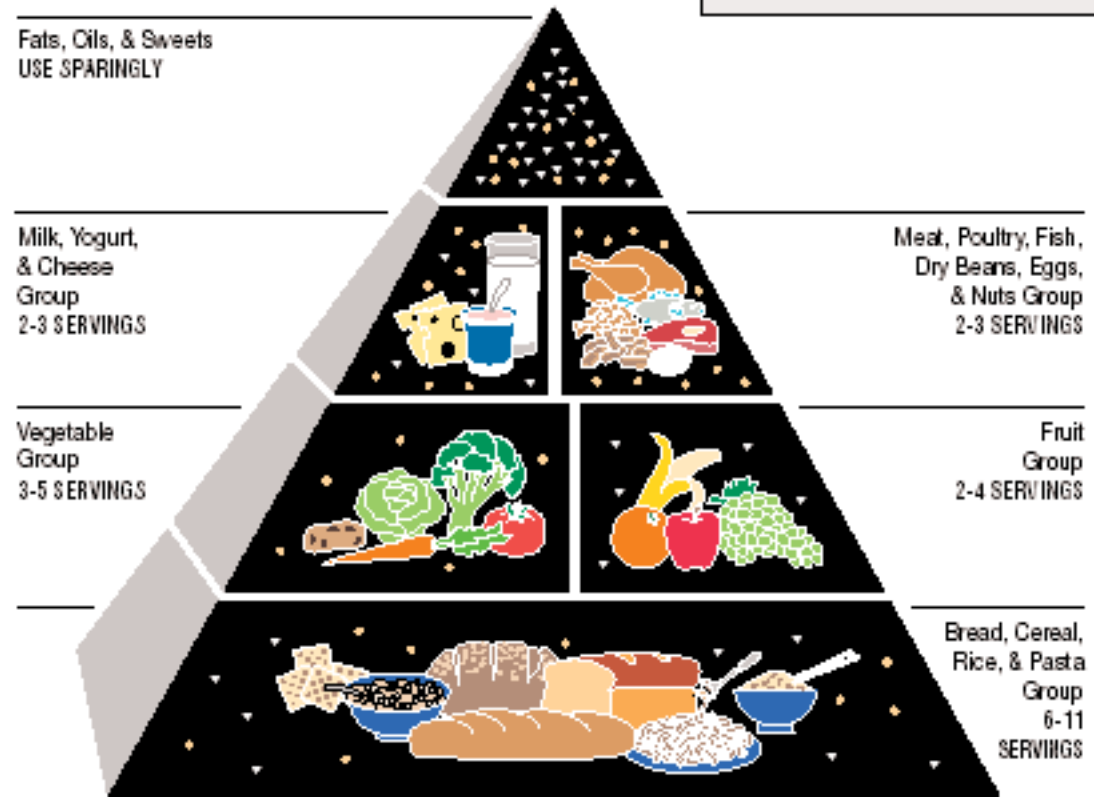
The Food Guide Pyramid

A Guide to Daily Food Choices

KEY

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

These symbols show fat and added sugars in foods.



What Counts as a Serving?

Bread, Cereal, Rice, and Pasta			Milk, Yogurt, and Cheese		
1 slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal, rice, or pasta	1 cup of milk or yogurt	1-1/2 ounces of natural cheese	2 ounces of process cheese
Vegetable			Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts		
1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice	2-3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat.	
Fruit					
1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice			

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings and oils, cream, butter, margarine, sugar, soft drinks, candies, and sweet desserts. These foods provide calories and little else nutritionally. Most people should use them sparingly.

How Many Servings Should I Have Each Day?

The Pyramid shows a range of servings for each major food group. The number of servings that are right for you depends on how many calories you need, which in turn depends on your age, sex, size, and how active you are. Almost everyone should have at least the lowest number of servings in the ranges. The following calorie level suggestions are based on recommendations of the National Academy of Sciences and on calorie intakes reported by people in national food consumption surveys.

FOR TEENS AND ADULTS

1,600 calories is about right for many sedentary women and some older adults.

2,200 calories is about right for most children, teenage girls, active women, and many sedentary men. Women who are pregnant or breastfeeding may need somewhat more.

2,800 calories is about right for teenage boys, many active men, and some very active women.

SAMPLE DIETS FOR A DAY AT 3 CALORIE LEVELS

	Lower about 1,600	Moderate about 2,200	Higher about 2,800
Grain Group Servings	6	9	11
Vegetable Group Servings	3	4	5
Fruit Group Servings	2	3	4
Milk Group Servings	2-3 ¹	2-3 ¹	2-3 ¹
Meat Group ² (ounces)	5	6	7

¹ Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

² Meat group amounts are in total ounces.

Tips for Healthy Choices

Breads, Cereals, Rice, and Pasta

- Choose several servings of whole-grain foods every day. Whole grain foods include whole wheat bread, whole wheat pasta, brown rice, popcorn, and barley. Read the ingredient list on packaged foods, and look for products that list a whole grain first.
- Choose most often foods that are made with little fat or sugar; limit your intake of baked goods such as cakes, cookies, pastries, and croissants that are high in fat and sugars.
- Limit your use of high-fat, high-calorie toppings. Most of the foods in this group are naturally healthy, but they are often topped with butter, cheese, creamy sauces, and other high-fat, high-calorie foods.

Vegetables

- Choose a variety of vegetables daily: dark-green vegetables such as spinach, romaine lettuce, and broccoli; deep-yellow and orange vegetables such as carrots and sweet potatoes; starchy vegetables such as potatoes, corn, and peas; legumes (dried beans and peas), including navy, pinto, and kidney beans and chickpeas; and other vegetables such as lettuce, tomatoes, onions, and green beans
- Choose dark-green leafy vegetables and legumes at least several times a week.
- Be moderate in your use of toppings. Spreads or toppings such as butter, mayonnaise, and salad dressing are often high in fat and calories.

Fruits

- Choose fresh fruits, fruit juices, and frozen, canned, or dried fruit. Unless you have calories to spare, avoid heavily sweetened fruit juices or fruits canned in syrup.
- Choose citrus fruits, melons, and berries often.
- Choose 100% fruit juices rather than fruit punches, fruit ades, and fruit "drinks," which often contain a lot of added sugar and little juice. Fruit sodas don't count as servings of fruit.

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

- Choose lean meat, poultry without skin, fish, and legumes most often. They are lowest in fat.
- Prepare meats by broiling, roasting, or boiling instead of frying and by trimming away visible fat.
- Go easy on egg yolks, nuts, and seeds.

Milk, Yogurt, and Cheese

- Choose skim milk and nonfat yogurt often.
- Cottage cheese is lower in calcium than most cheeses, so 1 cup of cottage cheese counts as only 1/2 serving of milk. (The servings sizes in this group are based on calcium content.)
- Go easy on high fat cheese and ice cream. Choose lower fat cheeses and desserts.

SOURCE: USDA Center for Nutrition Policy and Promotion. 1996. *The Food Guide Pyramid*. Home and Garden Bulletin No. 252. Visit the Web site at <http://www.usda.gov/cnpp>.