

The Food Guide Pyramid

Using the Food Guide Pyramid

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



How many servings do you need daily?

Category	Grain Group	Vegetable Group	Fruit Group	Milk Group	Protein Group
Women and some older adults (1600 calories)	6	3	2	2-3	2-3
Children, teen girls, active women, most men (2200 calories)	9	4	3	2-3	2-3
Teen boys, active men (2800 calories)	11	5	4	2-3	2-3

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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What counts as one serving?

Grain Group	Vegetable Group	Fruit Group	Milk Group	Protein Group
1 slice bread	1/2 cup cooked vegetable	1 medium whole fruit	1 cup milk	2 to 3 ounces cooked meat, poultry or fish
1 ounce dry cereal	1 cup raw leafy vegetable	1/2 cup canned, cooked or chopped fruit	1 1/2 ounce natural cheese	<i>These count as 1/2 serving:</i>
1/2 cup cooked rice, noodles or grits	1/2 cup raw chopped vegetable	3/4 cup juice	2 ounces process cheese	
1/2 hot dog or hamburger bun		1/4 cup dry fruit	1/2 cup of ice milk, cottage cheese, frozen yogurt, ice cream, custard or pudding*	1/2 cup cooked beans
1 tortilla				2 tablespoons peanut butter
1 four-inch pancake or waffle				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 pudding has as much calcium as 1/2 cup of milk.

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