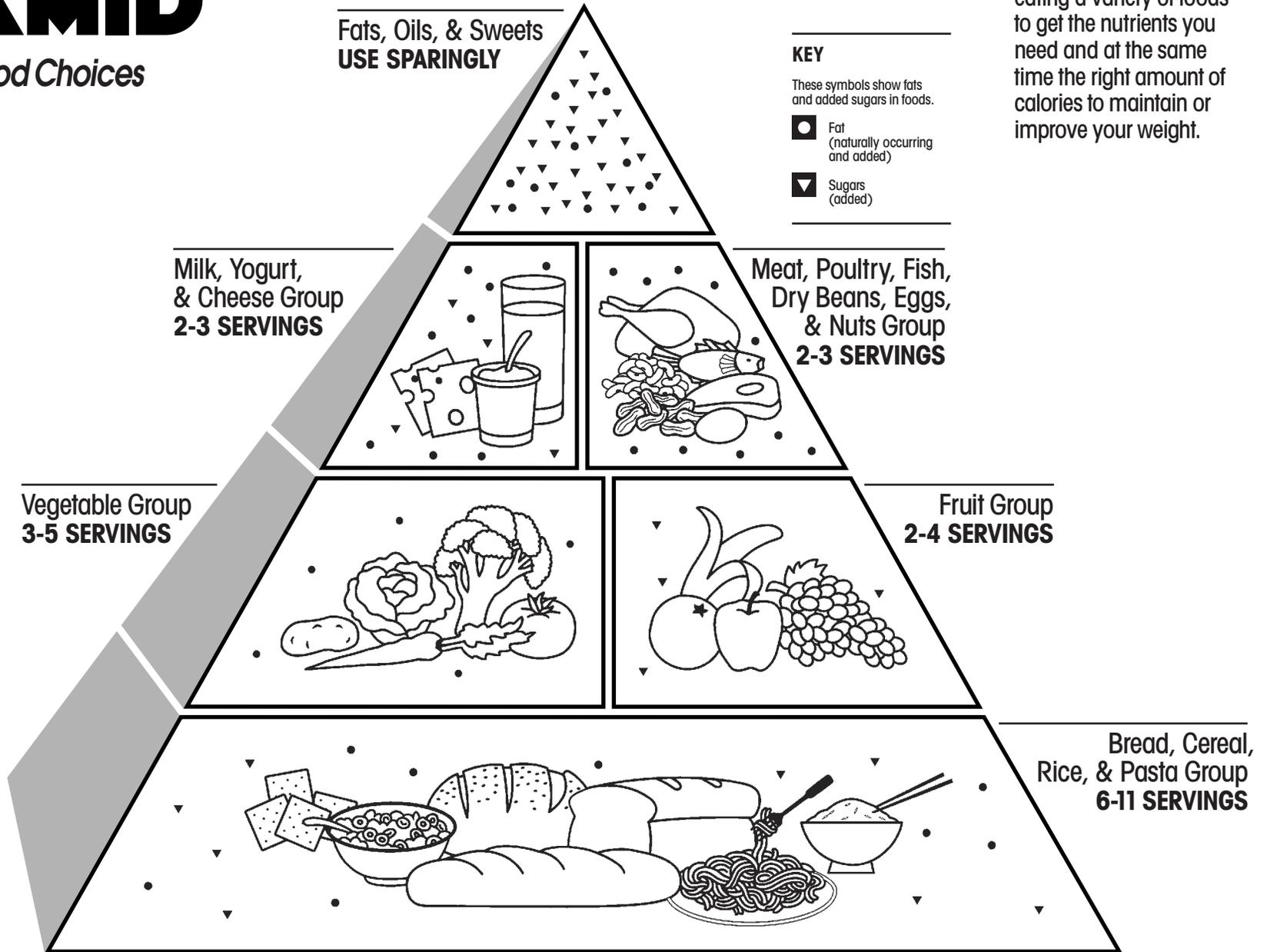


# FOOD GUIDE PYRAMID

*A Guide to Daily Food Choices*

The Pyramid is an outline 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 or improve your weight.



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.

# How Many Servings Do You Need?

The **Food Guide Pyramid** shows a range of daily servings for each major food group. The number of servings that is right for you depends on how many calories you need. Calories are a way to measure food energy. The energy your body needs depends on your age, sex and size. It also depends on how active you are.

In general, daily intake should be:

- ▲ 1,600 calories for many sedentary women and some older adults;
- ▲ 2,200 calories for most kids, teen girls, active women and many sedentary men; and
- ▲ 2,800 calories for teen boys, many active men and some very active women.

Those with lower calorie needs should select the lower number of servings from each food group. Their diet should include 2 servings of meat for a total of 5 ounces. Those with average calorie needs should select the middle number of servings from each food group. They should include 2 servings of meat for a total of 6 ounces. Those with higher calorie needs should select the higher number of servings from each food group. Their diet should include 3 servings of meat for a total of 7 ounces. Also, pregnant or breastfeeding women, teens and young adults up to age 24 should consume 3 servings from the milk group daily.

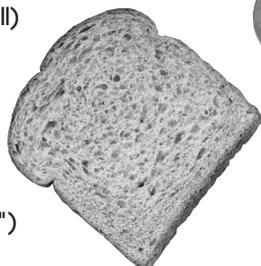
The amount of food that counts as one serving is listed below. If you eat a larger portion, it is more than one serving. For example, a slice of bread is one serving. A hamburger bun is two servings.

For mixed foods, estimate the food group servings of the main ingredients. For example, a large piece of sausage pizza would count in the bread group (crust), the milk group (cheese), the meat group (sausage) and the vegetable group (tomato sauce). Likewise, a helping of beef stew would count in the meat group and the vegetable group.

# What Counts as a Serving?

## Bread, Cereal, Rice & Pasta Group

- 1 slice bread
- 1 tortilla
- ½ cup cooked cereal, rice or pasta
- 1 ounce ready-to-eat cereal
- ½ hamburger roll, bagel or English muffin
- 3-4 plain crackers (small)
- 1 pancake (4-inch)
- ½ croissant (large)
- ½ doughnut or danish (medium)
- ⅙ cake (average)
- 2 cookies (medium)
- ½ pie, fruit (2-crust, 8")



## Vegetable Group

- ½ cup chopped raw or cooked vegetables
- 1 cup raw leafy vegetables
- ¾ cup vegetable juice
- ½ cup scalloped potatoes
- ½ cup potato salad
- 10 French fries



## Fruit Group

- ¾ cup fruit juice
- ½ cup raw or canned fruit
- 1 medium apple, banana or orange
- ¼ whole avocado



## Milk, Yogurt & Cheese Group

- 1 cup milk or yogurt
- 1½ ounces natural cheese
- 2 ounces process cheese
- 1½ cups ice cream or ice milk
- 1 cup frozen yogurt
- 1½ ounces Mozzarella cheese
- ½ cup Ricotta cheese
- 2 cups cottage cheese



## Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

- 2 to 3 ounces cooked lean beef, pork, lamb, veal, poultry or fish
- Count ½ cup of cooked dry beans or 1 egg as 1 ounce of lean meat. 2 tablespoons of peanut butter or ½ cup of nuts count as 1 ounce of meat.

## Lean Beef Choices

- Eye of Round
- Top Round
- Round Tip
- Top Sirloin
- Bottom Round
- Top Loin
- Tenderloin



## Fats, Oils & Sweets

use sparingly



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