

# DAILY FOOD GUIDE PYRAMID

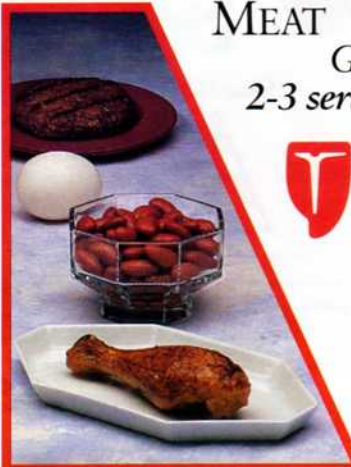


“OTHERS”  
category  
(Fats, oils, and sweets)  
eat sparingly

MILK  
Group  
3-4 servings



MEAT  
Group  
2-3 servings



VEGETABLE  
Group  
3-5 servings



FRUIT  
Group  
2-4 servings



GRAIN  
Group  
6-11 servings



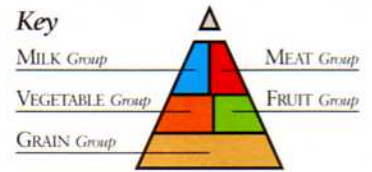
Need more information on serving sizes or the variety of foods in each food group? Ask for a copy of Dairy Council's GUIDE to GOOD EATING.®

# COMBINATION FOODS ARE NUTRITIOUS

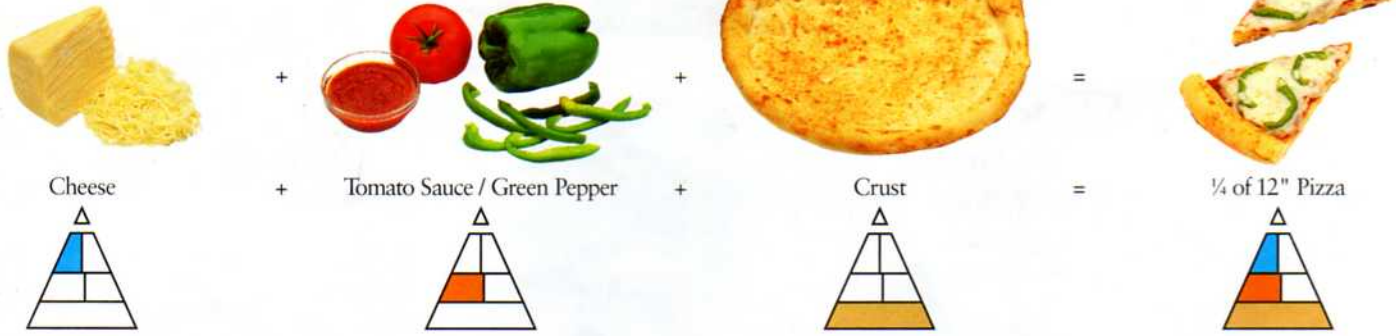
Pizza...  
Lasagna...  
Chicken Stir fry!  
Where do they fit on the Pyramid?

These mixed dishes—"Combination Foods"—are made by combining foods from the Five Food Groups. So, they fit in several parts of the pyramid.









Combinations count as full or partial servings of two or more food groups. So, they help you meet the recommended number of servings listed on the Daily Food Guide Pyramid.



For example: Cheese and Green Pepper Pizza



## Serving Sizes of Combination Foods

 Chicken stir fry and rice 1 1/2 cups	 Cheese and mushroom omelet 2 eggs	 Cereal with fruit and milk 1 1/4 cup	 Lasagna 2 1/2" x 2 1/2"
 Cheeseburger 1	 Baked potato with cheese and broccoli 1	 Chef's Salad 1 1/2 cups	 Chili and crackers 1 cup

## EAT HEALTHY! EAT THE PYRAMID WAY!



- **Get enough** foods from each food group every day. Use the serving numbers on the front as a guide.
- **Count Combination Foods** as servings or partial servings from the food groups. Combinations can help you meet your daily servings from each food group.
- **Limit foods from the "Others" category.** These foods are usually high in calories (from sugar and fat) and low in most nutrients. They include:
  - Sweets (cake, pie, candy, cookies, etc.)
  - Chips and other salty snacks
  - Alcohol (wine, wine coolers, beer, etc.)
  - Fats and Oils (salad dressing, mayonnaise, spreads, etc.)
  - Other Beverages (coffee, tea, soft drinks, etc.)



# GUIDE TO GOOD EATING®

*Every day eat different foods from each food group.*

**MILK**  
Group  
3-4 servings



**MEAT**  
Group  
2-3 servings



**VEGETABLE**  
Group  
3-5 servings



**FRUIT**  
Group  
2-4 servings



**GRAIN**  
Group  
6-11 servings



The Guide to Good Eating can be used in conjunction with the Daily Food Guide Pyramid

































# GUIDE TO GOOD EATING®

Anyone can eat for good health. Just follow these 2 simple steps:

1. *Eat foods from all Five Food Groups every day.* Each food group provides you with different nutrients.

2. *Eat different foods from each food group every day.* Some foods in a food group are better sources of a nutrient than others. By eating several foods from each food group, you increase your chance of getting all the nutrients you need.

**Every day eat:** **Suggested Serving Sizes**

 <p><b>MILK</b> Group for calcium 3-4 servings</p>	 Milk 1 cup  Yogurt 1 cup  Cheese 1½ – 2 oz  Cottage cheese ½ cup  Ice cream, frozen yogurt ½ cup
 <p><b>MEAT</b> Group for iron 2-3 servings</p>	 Cooked, lean meat 2-3 oz  Cooked, lean poultry, fish 2-3 oz  Egg 1  Peanut butter 2 tbsp  Cooked, dried peas, dried beans ½ cup
 <p><b>VEGETABLE</b> Group for vitamin A 3-5 servings</p>	 Juice ¼ cup  Raw vegetable ½ cup  Raw leafy vegetable 1 cup  Cooked vegetable ½ cup  Potato 1 medium
 <p><b>FRUIT</b> Group for vitamin C 2-4 servings</p>	 Juice ¼ cup  Raw, canned, or cooked fruit ½ cup  Apple, banana, orange, pear 1 medium  Grapefruit ½  Cantaloupe ¼
 <p><b>GRAIN</b> Group for fiber 6-11 servings</p>	 Bread 1 slice  English muffin, hamburger bun ½  Ready-to-eat cereal 1 oz  Pasta, rice, grits, cooked cereal ½ cup  Tortilla, roll, muffin 1

Some foods don't have enough nutrients to fit in any of the Five Food Groups. These foods are called "Others." These foods are okay to eat in moderation. They should not replace foods from the Five Food Groups.

**"OTHERS"**  
category

Fats and oils, sweets, salty snacks, alcohol, other beverages, and condiments



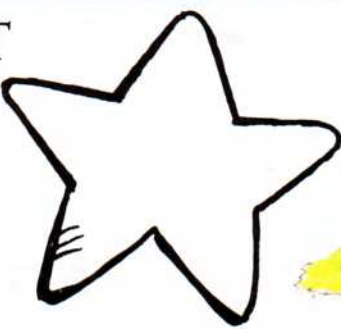

# EAT THE FIVE FOOD GROUP WAY!

Every day eat foods from each of the Five Food Groups.

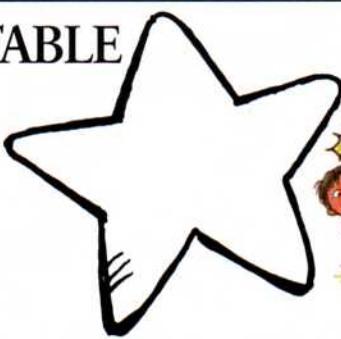
MILK Group



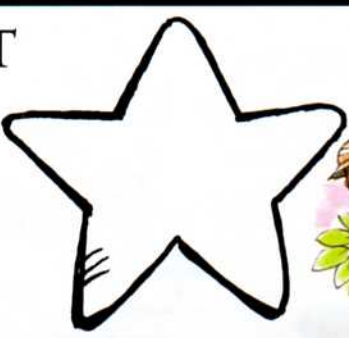
MEAT Group



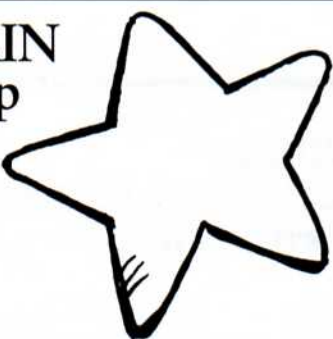
VEGETABLE Group



FRUIT Group



GRAIN Group



If you're **8** or younger  
**EAT YOUR "SUPER 16" EACH DAY**

If you're **9** or older  
**EAT YOUR "SUPER 17" EACH DAY**

**3** servings

**MILK** Group  
 for strong bones and teeth



**4** servings

**2** servings

**MEAT** Group  
 to build strong muscles



**2** servings

**3** servings

**VEGETABLE** Group  
 to see in the dark



**3** servings

**2** servings

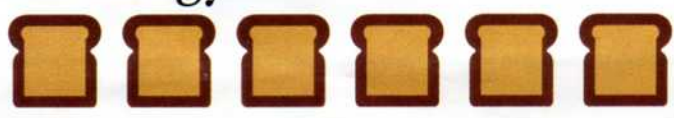
**FRUIT** Group  
 to heal cuts



**2** servings

**6** servings

**GRAIN** Group  
 for energy



**6** servings

**+  
16**

**+  
17**

**"OTHERS" Foods**—You can eat these foods sometimes—  
 but don't eat them in place of  
**Five Food Group foods!**

