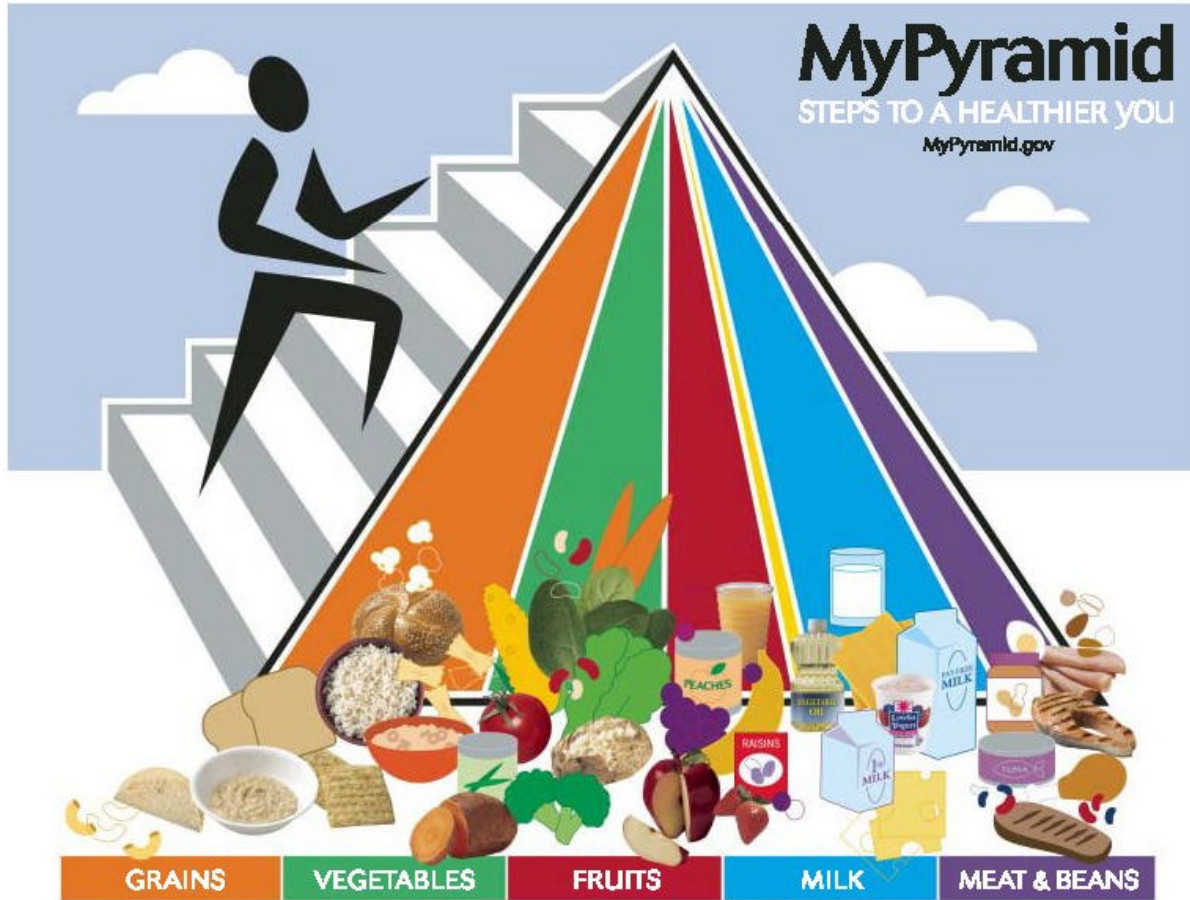


FOOD GUIDE PYRAMID

A Guide to Daily Food Choices



	BREAKFAST	AM SNACK	LUNCH	SNACK	DINNER	PM SNACK	TOTAL
FAT/SWEETS							
MEAT							
DAIRY							
FRUIT							
VEGETABLES							
BREAD							
WATER							

Source: U.S. DEPARTMENT OF AGRICULTURE and the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

How Many Servings Do You Need?

The Food Guide Pyramid shows a range of daily servings for each 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 most women and older adults;
- ▲ 2,200 calories for kids, teen girls, active women and most men; and
- ▲ 2,800 calories for teen boys and active men.

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 of milk 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	Vegetable Group	Fruit Group	Milk, Yogurt & Cheese Group	Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group	Fats, Oils & Sweets use sparingly
1 slice bread	½ cup chopped raw or cooked vegetables	1 piece fruit or melon wedge	1 cup milk or yogurt	2½ to 3 ounces cooked lean beef, pork, lamb, veal, poultry or fish	
1 tortilla	1 cup raw, leafy vegetables	¾ cup fruit juice	1½ ounces natural cheese	½ cup cooked beans or 1 egg or 2 tablespoons peanut butter or ½ cup nuts	
½ cup cooked rice, pasta or cereal	½ cup scalloped potatoes	½ cup chopped, cooked or canned fruit	2 ounces process cheese	1 cup cooked beans or 1 egg or 2 tablespoons peanut butter or ½ cup nuts count as 1 ounce of meat	
1 ounce ready-to-eat cereal	½ cup potato salad	¼ cup dried fruit	ice milk		
½ hamburger roll, bogel or English muffin	10 French fries		1 cup frozen yogurt		
3-4 plain crockers (small)				Lean Beef Choices	
1 pancake (4-inch)				Round Tip	
½ croissant (large)				Top Round	
½ doughnut or donut (medium)				Eye of Round	
½ cake (average)				Top Loin	
2 cookies (medium)				Tenderloin	
½ pie (2-crust, 8")				Sirloin	



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