

If you want to be healthy you have to eat the correct amount of nutrients.

The FOOD PYRAMID is a useful “tool” to choose your diet and get the right balance of food.

### *Understanding the Food Pyramid*



When making food and drink choices, it is important to follow the recommended number of servings from each shelf of the Food Pyramid.

A serving is a unit of measure used to describe the total amount of foods recommended daily from each of the shelves of the the Food Pyramid.

Foods and drinks from the Top shelf of the Food Pyramid are not essential for health.

These foods provide mostly calories and are best limited to 0 – 1 serving a day maximum.

Higher amounts of these can lead to overweight and obesity.

# The "classic" Pyramid



**FOOD IS FUN** and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

## WHAT COUNTS AS ONE SERVING?

### GRAIN GROUP

1 slice of bread  
 $\frac{1}{2}$  cup of cooked rice or pasta  
 $\frac{1}{2}$  cup of cooked cereal  
 1 ounce of ready-to-eat cereal

### VEGETABLE GROUP

$\frac{1}{2}$  cup of chopped raw or cooked vegetables  
 1 cup of raw leafy vegetables

### FRUIT GROUP

1 piece of fruit or melon wedge  
 $\frac{1}{4}$  cup of juice  
 $\frac{1}{2}$  cup of canned fruit  
 $\frac{1}{2}$  cup of dried fruit

### MILK GROUP

1 cup of milk or yogurt  
 2 ounces of cheese

### MEAT GROUP

2 to 3 ounces of cooked lean meat, poultry, or fish.  
 $\frac{1}{2}$  cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter count as 1 ounce of meat.

### FATS AND SWEETS

Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.