

## A balance of foods is the key to eating well!

Learning what is a serving helps with weight control. You may be surprised to learn the amount of food that makes up one serving for each group.

### Eating well can be healthy and easy.

First, choose different foods from each of the food groups. Different types of food give our bodies different vitamins and minerals we need. Next, eat balanced meals and snacks. What is a balanced meal? It has protein, starch and non-starchy vegetables. If you need to lose weight, choose the lower number of servings from the Food Pyramid.

## Here are some tips to keep in mind.

### Bread, cereal, rice, and pasta (starch)

Eat whole grains like whole wheat bread, bran cereal, oatmeal, brown rice or pasta. Eat no more than two or three servings at each meal.

### Vegetables

Eat 3 to 5 servings of vegetables each day. Choose green-leafy, orange, yellow, and red vegetables. They provide your body with good nutrients. Raw or cooked vegetables also fill you up and provide fiber that your body needs.

### Fruits

Eat 2 to 4 servings of fruits each day. Fresh fruit in season is best. You can also choose canned fruit with no added sugar. Eat fruit rather than drinking juice. Juice has a lot of sugar and very little fiber.

### Milk, yogurt, cheese (dairy)

Eat two to three servings of dairy each day. No one over two years of age needs whole milk. Switch to lower fat choices. Choose 1% low-fat milk, light yogurt, or low-fat cheese.

### Meat, poultry, fish, dry beans, eggs, and nuts (protein)

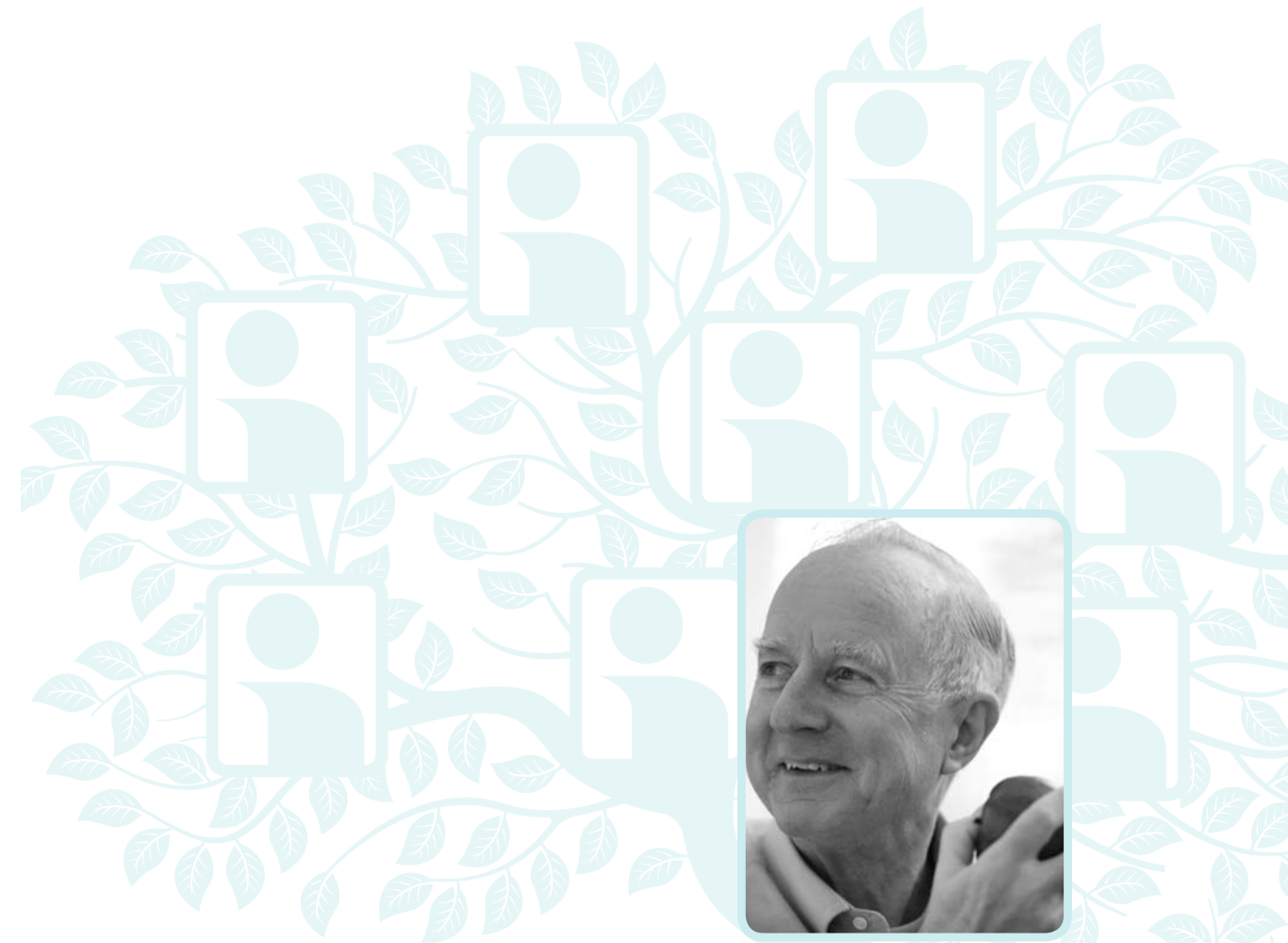
Eat smaller portions of beef, pork, chicken, or fish without the fat. Most Americans eat too much protein.

A serving of meat or fish is the size of a deck of cards or the palm of your hand. Eat two servings each day. Eat fish at least once per week. Go meatless and eat beans one day each week.

\*Ask your doctor if you have special diet needs.

### Fats, oils, sweets

Eat smaller amounts of these foods. Foods high in fat and sugar do not have much of the other nutrients. Cook with healthier oils like Olive, Canola, or Peanut oils.



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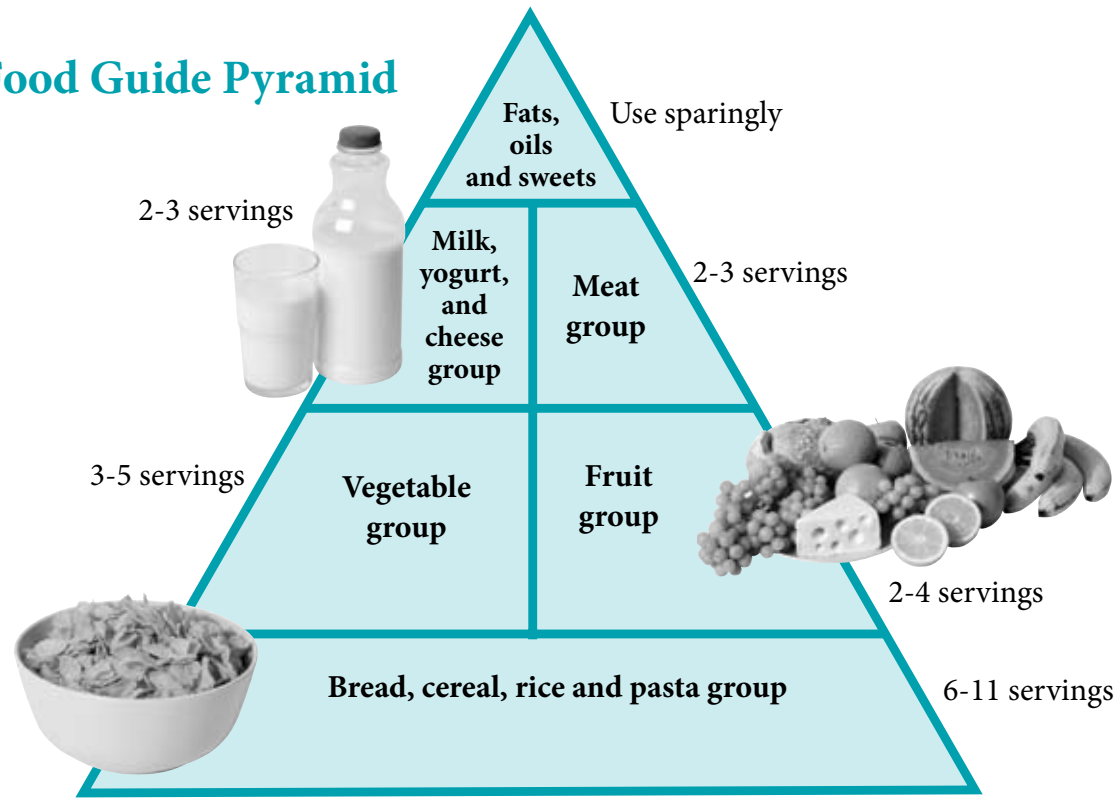
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## How Do I Eat Well?



Your Extended Family.

## The Food Guide Pyramid



## How Can You Plan Your Meals Using the Food Guide Pyramid?

### Breakfast

- 2-3 servings of the bread group
- 1 serving of the milk group
- 1 serving of the fruit group
- 1 serving of the fat group

### Snack

- 0-1 serving of the bread group
- 0-1 serving of the fruit group

### Lunch

- 2-3 servings of the bread group
- 1 serving of the meat group
- 1 serving of the fat group

- 1 serving of the fruit group
- 1-2 servings of the vegetable group

### Snack

- 0-1 serving of the bread group
- 0-1 serving of the fruit group

### Dinner

- 2-3 servings of the bread group
- 1-2 servings of the meat group
- 2-3 servings of the vegetable group
- 1 serving of the milk group
- 1 serving of the fat group

## How Much is a Serving?

### Bread, cereals, rice and pasta:

- 1 slice of bread
- 1/2 cup cooked rice and pasta
- 1/2 cup cooked cereal
- 1 oz of ready-to-eat cereal
- 3 cups of popped popcorn (low-fat microwave)

### Vegetables:

- 1/2 cup cooked vegetables
- 1 cup raw vegetables
- 1/2 cup vegetable juice

### Fruits:

- 3/4 cup unsweetened juice
- 1 medium fresh fruit
- 1 cup fresh fruit
- 1/2 cup canned fruit (no sugar added)
- 1/4 cup dried fruit

### Milk, yogurt, and cheese:

- 1 cup 1% (extra light) or nonfat milk
- 1 cup plain or "light" flavored yogurt
- 1 1/2 to 2 ounces of low fat cheese

### Meat, poultry, fish, dried beans, eggs and nuts:

- 2-3 oz of cooked lean ham, meat, or fish
- 1 cup cooked beans or tofu
- 2 eggs
- 4 tbsp. peanut butter\*

\*This food is very high in fat

### Fats, oils, and sweets:

Limit your choices of these to 3 or less servings per day to lose weight.

- 1 tsp. oil, margarine, butter, or mayonnaise
- 1 tbsp. cream cheese or salad dressing
- 2 small cookies
- 1/2 cup of ice cream

## Different people have different needs

Women need more of certain nutrients, especially if pregnant or breastfeeding. These include calcium, iron, and folate (folic acid).

Daily Calorie Guidelines		
	Men	Women
Active	About <b>2,800</b> calories a day (the highest number of Pyramid servings)	About <b>2,200</b> calories a day (the middle range of Pyramid servings)
Not Active	About <b>2,200</b> calories a day (the middle range of servings for each food group on the Food Guide Pyramid)	About <b>1,600</b> calories a day (the lowest number of the Pyramid servings)