

# Healthy Food Pyramid

## FATS, OILS & SWEETS GROUP

### USE SPARINGLY

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as oils, salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories and little else nutritionally.



## MILK, YOGURT AND CHEESE GROUP

**2-3 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 1 cup of milk or yogurt  
 1 1/2 ounces of natural cheese  
 2 ounces of processed cheese



## MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP

**2-3 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 2-3 ounces of cooked lean meat, poultry, or fish  
 1/2 cup of cooked dry beans or 1 egg or 2 tablespoons of peanut butter count as 1 ounce of lean meat.

## VEGETABLE GROUP

**3-5 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 1 cup of raw leafy vegetables  
 1/2 cup of cooked vegetables  
 3/4 cup of vegetable juice



## FRUIT GROUP

**2-4 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 1 medium piece of fresh fruit  
 1/2 cup of chopped, cooked, or canned fruit  
 3/4 cup of fruit juice



## BREAD, CEREAL, RICE, AND PASTA GROUP

**6-11 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 1 slice of bread  
 1 ounce of ready-to-eat cereal  
 1/2 cup of cooked cereal  
 1 cup of rice or pasta

# Food Group Guide Pyramid

**Sheila John**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## Food Group Guide Pyramid:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Food Group Guide Pyramid** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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