

Inside the Food Pyramid



In order to stay healthy, it is important to be physically active and to consume a well-balanced diet. The Food Pyramid serves as a guide to help us make sure we are eating the right foods from all the different groups. Based on your age, sex, and level of physical activity, the amount of servings per group may vary. Listed below are the general daily recommendations for each group. Also, do not forget to drink plenty of fluids to help keep you hydrated!

GRAINS

- **3 to 8 ounce servings per day***
- Includes bread, pasta, cereal, oatmeal, and rice.
- At least half of your daily servings should be from whole grains, such as whole wheat pasta, bread, and brown rice.

FRUITS

- **1 1/2 to 2 cups per day***
- Servings can come from 100% fruit juice, canned, dried, frozen or fresh fruit.
- Apples, pears, berries, melons, and bananas.

MEAT and BEANS

- **5 to 6 ounces per day***
- Most meat and poultry choices, such as beef, ham, chicken and turkey, should be lean or low-fat.
- Fish, nuts, and seeds contain healthy oils, so choose these foods as well.
- Beans such as chick peas and black beans.

VEGETABLES

- **2 to 3 cups per day***
- Important to consume vegetables of different colors, such as green and red peppers, carrots, cauliflower, and eggplant.

MILK

- **3 servings per day***
- All fluid milk and all foods made from milk. Food choices should be low-fat or fat free.
- Flavored milk, cheese, and yogurt.

OILS

- **5 to 7 tablespoons of oils per day***
- Foods that are mainly oils are mayonnaise, certain salad dressing, and soft margarine.

* Serving sizes are appropriate for individuals who get less than 30 minutes per day of moderate physical activity.

