



## Food Guide

The Food Guide Pyramid emphasizes foods from the five food groups shown in the Pyramid.

Each of these food groups provides some, but not all of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another for good health. You need them all.

The pyramid is an outline of what to eat each day. It is not a rigid prescription, but a general guide that lets you choose a healthful diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

### HOW MUCH IS 1 SERVING?

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings from the bread/cereal/rice/pasta group.

Bread/Cereal Rice/Pasta	Vegetable	Fruit	Milk/Yogurt Cheese	Meat/Poultry Beans/Eggs	Fats/Oils Sweets
1 Slice Bread	1 C Raw	1 med piece fresh fruit	1 C Milk or Yogurt	3 oz meat, poultry, fish	USE SPARINGLY
½ C Rice or Pasta, cooked	½ C Cooked	½ C canned	1 oz natural Cheese	The following are = 1 oz meat	1 tsp Margarine
½ C Cereal, cooked		¼ C dried		½ C beans, cooked	1 Tbs Salad Dressing
1 oz cold Cereal, check the label		¾ C Juice		1 egg	1 tsp sugar
				2 Tbs peanut butter	

### LEAN CUTS OF BEEF

Eye Round  
 Top Round  
 Tip Round  
 Top Sirloin  
 Top Loin  
 Beef Tenderloin  
 Flank  
 Ground, 90-95% lean

### LEAN CUTS OF PORK

Tenderloin  
 Boneless Sirloin Chop  
 Boneless Top Loin Roast  
 Boneless Top Loin Chop  
 Loin Chop  
 Rib Chop  
 Boneless Rib Roast  
 Sirloin Roast