



FOOD GUIDE PYRAMID

In 2005, the United States Department of Agriculture (USDA) introduced the new Food Guide Pyramid. The updated version of the Food Guide Pyramid was designed to encourage people to make smart food choices, balance caloric intake, and engage in daily physical activity.

GRAINS

Try to eat 3 ounces of whole grain bread, pasta, rice, or cereal each day! (1 slice of bread = 1 ounce)

Look for the word “whole” before grains on the ingredient list.

VEGETABLES

Vary your vegetables – Try to eat more dark green and orange vegetables.

Snack on vegetables throughout the day!

FRUITS

Choose a variety of fresh fruit.

Limit your intake of fruit juices.

Look for canned fruit with “no sugar added”.

OILS

Choose foods with healthy fats...fish and nuts are a good option.

Cook with vegetable oil.

Stay away from “solid” fats like butter, margarine, and lard.

MILK

Choose calcium-rich products that are low-fat or non-fat.

Reduce portion sizes on calcium-rich products that are high in fat such as ice cream.

Look for lactose-free products if you are lactose intolerant.

MEAT and BEANS

Choose lean cuts of beef and poultry.

Bake, Broil, or Grill whenever possible.

Vary your choices by getting protein from fish, beans, and nuts.