

Limit foods high in fat, cholesterol, sugar, and salt.

Select relative portions to meet your caloric needs.

Choose from a variety of whole grains, fruits, and vegetables.

Food Groups	One Serving Equals One Item	Nutrient Contributions	Calories			Food Choice Examples	
			1600 Many Women and Older Adults	2200 Children, Teen Girls, Active Women, and Most Men	2800 Teen Boys and Active Men		
Whole Grain Group 6-11 Servings daily Eat Liberally	1 slice bread (30 gm) ½ cup hot cereal (100 gm) 1 cup dry cereal (30 gm) ¼ cup granola (30 gm) ½ cup rice or pasta (100 gm) 1 tortilla (30 gm) 1 chapatti (30 gm) ½ bagel or English Muffin (30 gm) 3-4 crackers (30 gm) ½ muffin (30 gm) ½ cup cooked beans (100 gm)	Complex CHO Fiber Protein Vitamin B1 (Thiamine) Vitamin B2 (Riboflavin) Vitamin B6 and Niacin Iron Magnesium Calcium Trace Minerals	Number of Servings	6	9	11	<u>Grains:</u> Oats, brown rice, barley, millet, bulgur wheat, rye, corn, whole wheat, multi-grain, etc
Vegetable Group 3-5 Servings daily Eat Generously	1 cup raw, leafy vegetables salad (50 gm) ½ cup chopped raw vegetables (50 gm) ½ cup cooked vegetables (80 gm) ¾ cup vegetable juice (180 gm)	Fiber Potassium Beta-Carotene Folate Vitamin C Calcium Magnesium	Number of Servings	3	4	5	<u>Vegetables:</u> broccoli, kale, cabbage, collards, spinach, pumpkin, carrots, winter squash, sweet potatoes, potatoes, parsnips, rutabagas, turnips, tomatoes, beets, eggplant, okra, summer squash, cauliflower
Fruit Group 2-4 Servings daily Eat Generously	1 medium, whole fruit (100 gm) ½ cup canned fruit (125 gm) ¼ cup dried fruit (100 gm) 1 cup berries (100 gm) ¾ cup fruit juice (180 gm)	Vitamin C Beta-Carotene Fiber Potassium Folate Magnesium	Number of Servings	2	3	4	<u>Fruits:</u> oranges, grapefruit, lemons, apricots, peaches, nectarines, plums, persimmons, apples, pears, kiwi, papaya, mango, pineapple, bananas, strawberries, raspberries, blueberries <u>Dried Fruits:</u> raisins, dates, pears, pineapple, prunes, peaches, figs, apple
Legume, Nut, Seed, and Meat Alternative Group 2-3 Servings daily Eat Moderately	½ cup cooked beans or peas (100 gm) ½ cup tofu (100 gm) ¼ cup seeds (30 gm) ¼ cup (1 oz.) nuts (30 gm) 2 Tbs (1 oz.) nut butter (30 gm) ¼ cup meat alternative (30 gm) 2 egg whites (50 gm)	Protein Zinc Iron Fiber Calcium Vitamin B6 Vitamin E Niacin (B3) Linoelic Acid	Number of Servings	2	2-3	3	<u>Legumes:</u> pinto, lack, white, navy, soybeans, garbanzos, lentils, black-eyed, green pea, split pea, peanuts <u>Nuts:</u> almonds, walnuts, filberts, chestnuts, brazil, pecans, cashews <u>Seed:</u> pine nuts, sesame, sunflower, pumpkin <u>Alternatives:</u> Tofu, meat alternatives
Low-Fat Dairy Group 2-3 Servings daily Eat Moderately	1 cup milk, nonfat or low-fat (245 gm) 1 cup soymilk (fortified) (245 gm) ½ cup low-fat cottage cheese (100 gm) ½ cup soy cheese (100 gm) 1 ½ oz. Fresh cheese (45) 1 cup low-fat or nonfat yogurt (225 gm) 1 Tbs (1/2 oz.) cream cheese (15 gm)	Calcium Protein Vitamins A and D Riboflavin (B2) Vitamin B12	Number of Servings	2	2-3	3	<u>Dairy:</u> milk, yogurt, cottage cheese, ricotta, other fresh cheeses <u>Fortified Alternatives:</u> soy or tofu milk, soy cheese
Vegetable Fats and Oils, Sweets, and Salt Eat Sparingly	The small tip of the pyramid shows vegetable fats and oils, salt, and sweets. These foods such as salad dressing and vegetable oils, cream, butter, margarine, sour cream, cream cheese, sugars, soft drinks, candies, and sweet desserts provide calories and are low in nutrients. Vegetable oils contain essential fatty acids, but use these sparingly because they are high in calories. For every tablespoon of fat added to a 2200-calorie diet, you can increase the percentage of calories as fats by approximately five percent. Every tablespoon of sugar adds two percent calories as sugar.						
	<ul style="list-style-type: none"> Use visible fats sparingly Limit desserts to two or three per week Use honey, jams, corn syrups, molasses, sugar sparingly Use soft drinks and candies very sparingly, if at all. Limit foods high in salt. 	1 Tbs margarine = 11.4 gm fat 1 Tbs butter = 12.0 gm fat 1 Tbs mayonnaise = 11.0 gm fat 1 Tbs sour cream = 3.0 gm fat 1 Tbs cream cheese = 5.0 gm fat 1 Tbs cream = 15.0 gm fat 1 Tbs sugar = 12 gm 1 tsp sugar = 4 gm 1 Tbs honey = 21 gm		= 102 calories = 108 calories = 99 calories = 30 calories = 52 calories = 52 calories = 48 calories = 16 calories = 64 calories		0 mg, cholesterol 33 mg, cholesterol 4 mg, cholesterol 5 mg, cholesterol 15 mg, cholesterol 21 mg, cholesterol	
	1 tsp salt (5 gm table salt) = 2000 mg sodium 1 Tbs oil = 13.6 gm fat 120.0 calories 1 tsp oil = 4.5 gm fat 40.1 calories						