# GUIDE TO GOOD EATING®

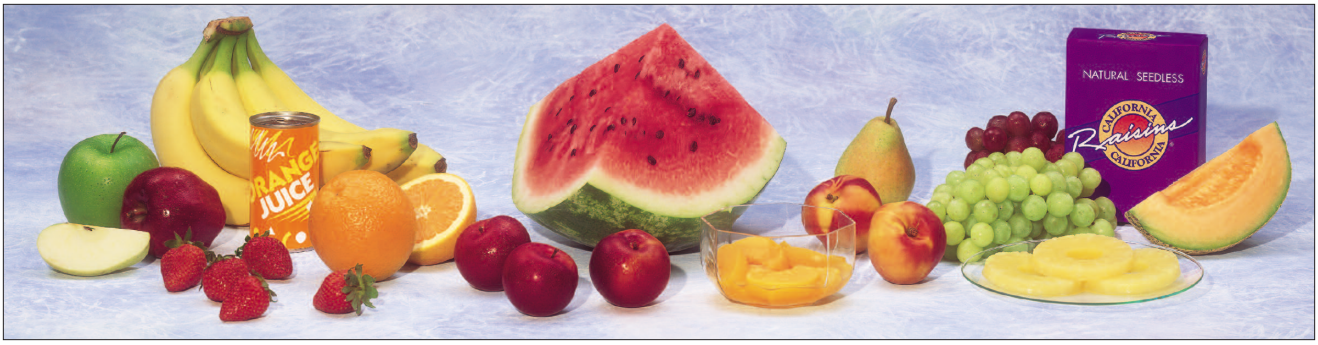
*Every day eat different foods from each food group.*

## MILK
*Group*
***3 cups***

## MEAT
*Group*
***5½ ounces***

## VEGETABLE
*Group*
***2½ cups***

## FRUIT
*Group*
***2 cups***




## GRAIN
*Group*
***6 ounces***

*(Make half whole grains)*

*For a 2,000 calorie diet, you need the amounts above from each food group.*
*To find the amounts that are right for you go to* ***MyPyramid.gov***

MyPyramid.gov
STEPS TO A HEALTHIER YOU

# GUIDE TO GOOD EATING®

Anyone can eat for good health. Just follow these simple steps:

1. ***Eat foods from all Five Food Groups every day.*** Foods in the Five Food Groups are nutrient rich. Each group provides different nutrients.
2. ***Eat different foods from each food group every day.*** Some foods in a food group are better sources of a nutrient than others. By eating several foods from each food group, you increase your chance of getting all the nutrients you need.
3. ***Select lean or low-fat foods more often.***

| *Every day eat:* | *Suggested Serving Sizes* | | | | |
|---|---|---|---|---|---|
| **MILK** *Group for calcium* ***3 cups*** | Milk 1 cup | Yogurt 1 cup | Cheese 1½ oz or ⅓ cup shredded (equivalent to 1 cup) | Cottage cheese ½ cup (equivalent to ¼ cup) | Frozen yogurt, pudding ½ cup |
| **MEAT** *Group for iron* ***5½ ounces*** | Cooked lean meat 3 oz | Cooked lean poultry, fish 3 oz | Egg 1 (equivalent to 1 oz) | Peanut butter 2 tbsp (equivalent to 2 oz) | Cooked dried peas, dried beans ½ cup (equivalent to 2 oz) |
| **VEGETABLE** *Group for vitamin A* ***2½ cups*** | Juice 1 cup | Raw vegetable 1 cup | Raw leafy vegetable 2 cups (equivalent to 1 cup) | Cooked vegetable 1 cup | Potato 1 medium (equivalent to 1 cup) |
| **FRUIT** *Group for vitamin C* ***2 cups*** | Juice 1 cup | Raw, canned, or cooked fruit ½ cup | Apple 1 small (equivalent to 1 cup) | Grapefruit ½ (equivalent to ½ cup) | Cantaloupe 1 cup |
| **GRAIN** *Group for fiber* ***6 ounces*** *(Make half whole grains)* | Bread 1 slice (equivalent to 1 oz) | English muffin, hamburger bun ½ (equivalent to 1 oz) | Ready-to-eat cereal 1 oz (equivalent to 1 oz) | Pasta, rice, grits, cooked cereal ½ cup (equivalent to 1 oz) | Tortilla, roll, muffin 1 (equivalent to 1 oz) |

## OILS

Oils are not in a food group but you need some for good health. Get your oils from fish, nuts, avocados, and liquid oils such as canola, olive, corn or soybean oil.

## EXTRA FOODS

Some foods don't have enough nutrients to fit in any of the Five Food Groups. These foods are okay to eat in moderation. They should not replace foods from the Five Food Groups.

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