## A Daily Food Guide

<table>
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<th>Foods Included In This Group Are:</th>
<th>Daily Recommended Servings</th>
<th>Serving Sizes</th>
<th>Key Nutrients Supplied</th>
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| **Breads, Cereals, Rice, Pasta**  | 6 to 11  
Include several servings of whole-grain and enriched products. | 1 slice of bread  
½ slice of whole-grain bread  
1 small roll, biscuit, or muffin  
1 small piece of cornbread  
3-4 small or 2 large crackers  
½ cup of cooked cereal, rice, macaroni, or pasta  
1 ounce (¼-1 cup) of ready-to-eat breakfast cereal | Vitamins B₆, B₉, B₁₂  
Niacin, Folic Acid  
Vitamin K  
Carbohydrates  
Iron, Zinc  
Magnesium  
Potassium  
Seelium |
| **Fruits**  | 2 to 4  
Eat 1 vitamin C food, such as citrus, melon, or berries, every day. | 1 whole fruit (a medium apple, banana, or orange)  
½ grapefruit  
1 melon wedge  
½ cup of juice  
½ cup of berries  
½ cup of cooked or canned fruit  
¾ cup dried fruit | Potassium  
Iron  
Magnesium  
Folic Acid  
Vitamin A  
Vitamin B₆ (pyridoxine)  
Vitamin C |
| **Vegetables**  | 3 to 5  
Include all types regularly.  
Use dark-green leafy vegetables and deep yellow vegetables several times a week. | ½ cup of cooked vegetables  
½ cup of chopped raw vegetables  
1 cup of leafy raw vegetables such as lettuce or spinach  
1 medium-sized potato  
¾ cup vegetable juice | Vitamin A  
Vitamin C  
Vitamin K  
Folic Acid  
Seelium  
Calcium  
Magnesium  
Potassium  
Vitamin B₁₂ (cyanocobalamin)  
Vitamin B₆ (pyridoxine) |
| **Meat, Poultry, Fish**  | 2 to 3  
2 for children, teens, and adults  
2 to 3 for pregnant and nursing females  
Include eggs, dried beans and peas, nuts and seeds. | 2-3 ounces of lean cooked meat, poultry, or fish (without bone)  
2 eggs  
1 cup of cooked dry beans or peas  
½ cup (2 tablespoons) of peanut butter | Protein  
Calcium  
Copper  
Iron  
Magnesium  
Seelium  
Zinc  
Vitamin A  
Vitamin B₁ (thiamine)  
Vitamin B₂ (riboflavin)  
Vitamin B₆ (pyridoxine)  
Vitamin B₁₂ (cyanocobalamin)  
Folic Acid, Niacin |
| **Milk, Cheese, Yogurt**  | 3 to 4  
3 servings for young children  
4 servings for persons 9 years and older and all pregnant and nursing females | 1 cup of milk or yogurt  
1½ ounces of natural cheese (Swiss, cheddar, mozzarella)  
2 ounces (2 slices) processed cheese, American  
2 cups of cottage cheese  
1½ cups of ice milk or ice cream  
½ cup of evaporated milk  
¾ cup of dry skim milk powder | Calcium  
Carbohydrates  
Potassium  
Seelium  
Vitamin B₁₂ (riboflavin)  
Vitamin B₁₂ (cyanocobalamin)  
Vitamin D, Vitamin K |
| **Fats, Sweets, Alcoholic beverages**  |  |  | Fat  
Carbohydrates (calories)  
Calcium  
Iron |
Food Guide Pyramid: Daily Food Guide

**Key**
- Sugars (added)
- Fat (naturally occurring and added)

These symbols show fats, oils, and added sugars in foods.

**Breads, Cereals, Rice, and Pasta**
- 6-11 servings

**Vegetables**
- 3-5 servings

**Fruits**
- 2-4 servings

**Meat, Poultry, and Fish**
- 2-3 servings

**Milk, Cheese, and Yogurt**
- 3 servings for children through 8 years
- 4 servings for persons 9 years and older
- 4 servings for pregnant and nursing females

**Fats, Sweets, and Alcoholic Beverages**
- Eat or drink very little

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For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

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