Meat, Poultry, Fish, Dry Beans, Eggs, And Nuts Group
2-3 SERVINGS
A serving is 2 to 3 ounces cooked lean meat, poultry, or fish; 1 1/2 cup cooked dry beans; 1 egg; or 2 tablespoons of peanut butter (the non-meats count as only 1 ounce of lean meat).

Fruit Group
2-4 SERVINGS
A serving is 1 medium apple, banana, or orange; 1 1/2 cup chopped, cooked or canned fruit; or 3 4/5 cup fruit juice.

Bread, Cereal, Rice, And Pasta Group
6-11 SERVINGS
A serving is 1 slice bread; 1 ounce ready-to-eat cereal; or 1 1/2 cup cooked cereal, rice, or pasta.

KEY

- Use sparingly
- Use sparingly

Fats, Oils, And Sweets

Milk, Yogurt, And Cheese Group
2-3 SERVINGS
A serving is 1 cup milk or yogurt; 1 1/2 ounces natural cheese; or 2 ounces processed cheese.

Vegetable Group
3-5 SERVINGS
A serving is 1 cup raw leafy vegetables; 1 1/2 cup of other vegetables, cooked or chopped raw; or 3 4/5 cup vegetable juice.

Most of the foods on the next level come from animals. One group includes milk, yogurt, and cheese. The other group includes meat, poultry, fish, dry beans, eggs, and nuts. These foods on this level are important to help meet your needs for protein, calcium, iron, and zinc.

The next level includes foods that come from plants—vegetables and fruits. Most people need to eat more of these foods for the vitamins, minerals, and fiber they supply.

At the base of the Food Guide Pyramid are breads, cereals, rice, and pasta—all foods from grains. You need the most servings of these foods each day.

How many servings are right for me?
The Pyramid shows a range of servings for each major food group. The number of servings that are right for you depends on how many calories you need, which in turn depends on your age, sex, size, and activity level (how active you are).

Almost everyone should have at least as many servings as the lowest number in each range.

The following calorie level suggestions are based on recommendations of the National Academy of Sciences and on calorie intakes reported by people in national surveys.

For Adults And Teens
A 1,600-calorie diet is about right for many sedentary women and some older adults.
A 2,200-calorie diet is about right for most children, teenage girls, active women, and many sedentary men. Women who are pregnant or breastfeeding may need somewhat more.
A 2,800-calorie diet is about right for teenage boys, many active men, and some very active women.

For Young Children
It is hard to know how much food children need in order to grow normally. If you’re not sure, check with your doctor. Preschool children need the same variety of foods as older family members do, but they may need fewer than 1,600 calories. For fewer calories they can eat smaller servings. However, it is important that they have the equivalent of 2 cups of milk a day.

For You
Now, take a look at the table below. It tells you how many servings you need for your calorie level. For example, if you are an active woman who needs about 2,200 calories a day, 9 servings of breads, cereals, rice, or pasta would be right for you. You’d also want to eat about 6 ounces of meat or meat alternates per day. Keep total fat (in the foods you choose as well as fat used in cooking or added at the table) to about 73 grams per day.

If you are between calorie categories, estimate servings. For example, some less active women may need only 2,000 calories to maintain a healthy weight. At that calorie level, 8 servings from the bread group would be about right.

<table>
<thead>
<tr>
<th>Number of servings for one day at three calorie levels</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lower</strong></td>
</tr>
<tr>
<td>1,600</td>
</tr>
<tr>
<td>Bread Group Servings</td>
</tr>
<tr>
<td>Vegetable Group Servings</td>
</tr>
<tr>
<td>Fruit Group Servings</td>
</tr>
<tr>
<td>Milk Group Servings</td>
</tr>
<tr>
<td>Meat Group (ounces)</td>
</tr>
<tr>
<td>Total Fat (grams)</td>
</tr>
<tr>
<td>Total Added Sugars (teaspoons)</td>
</tr>
</tbody>
</table>

1 Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.
2 Meat group amounts are in total ounces.
3 To give you an idea of how much fat is in foods, 1 teaspoon (1 pat) of butter or margarine has 4 grams of fat.
4 One teaspoon of sugar = 4 grams.

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

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings and salad oils, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. These foods provide calories but few other nutrients. Most people should not eat many of these foods. Use them sparingly.

How To Make The Pyramid Work For You

The Food Guide Pyramid can help you with food choices. If you make wise food choices, you are more likely to be healthy.