

Food Guide Pyramid



| Grains | Vegetables | Fruits | Oils | Milk | Meat/ Beans |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------|
| Whole-grain cereal, bread, crackers, rice, pasta 1 ounce is about 1 slice of bread, 1 cup of cereal, or 1/2 cup cooked rice or pasta | Dark green vegetables, like broccoli and spinach Orange vegetables like carrots and sweet potatoes Dry beans and peas, like pinto beans, kidney beans and lentils | Variety—frozen, fresh, canned, or dried Go easy on fruit juices | L I M I T O I L S | Low-fat or fat-free milk, yogurt, or other milk products | Low-fat or lean meats, poultry, fish; beans, peas, nuts, and seeds |
| 6 ounces every day | 2 1/2 cups every day | 2 cups every day | | 3 cups every day | 5 1/2 ounces every day |

These amounts are based on a 2,000 Calorie diet for an active 10-year-old.