

Eat good food every day.

A new Daily Food Guide

Remember to include all food groups:

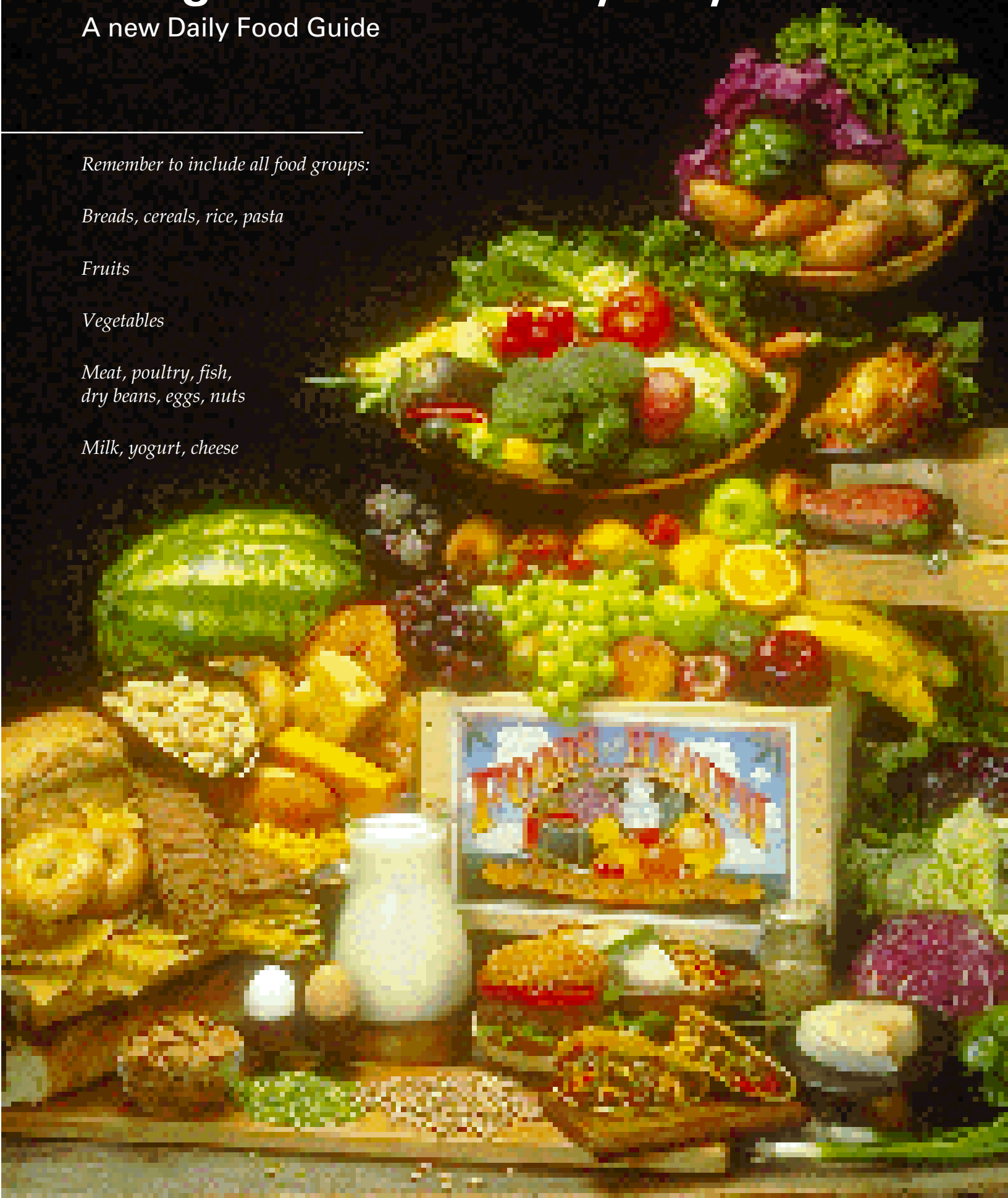
Breads, cereals, rice, pasta

Fruits

Vegetables

*Meat, poultry, fish,
dry beans, eggs, nuts*

Milk, yogurt, cheese



Daily Food Guide

Eat a variety of foods daily, choosing different foods from each group. Most people should have at least the lower number of servings suggested from each food group. Some people may need more because of their body size and activity level. Young children should have a variety of foods but may need small servings.

FOOD GROUP

SUGGESTED NUMBER OF SERVINGS PER DAY
from entire group

SERVING SIZE
for older children, teens, and adults

Breads, Cereals, Rice, Pasta

Whole-grain
Enriched

6 to 11 *Include several servings of whole-grain products daily.*

- 1 slice bread
- 1/2 hamburger bun or English muffin
- 1 small roll, biscuit, or muffin
- 3 to 4 small or 2 large crackers
- 1/2 cup cooked cereal, rice, or pasta
- 1 ounce ready-to-eat breakfast cereal

Fruits

Citrus
Melon
Berries
Other fruit

2 to 4

- 1 whole fruit such as medium apple, banana, or orange
- 1/2 grapefruit
- 3/4 cup juice
- 1/2 cup berries
- 1/2 cup cooked or canned fruit
- 1/4 cup dried fruit

Vegetables

Dark-green leafy
Deep-yellow
Starchy
Other vegetables

3 to 5 *Include all types regularly; use dark-green leafy vegetables several times a week.*

- 1/2 cup cooked vegetables
- 1/2 cup chopped raw vegetables
- 1 cup leafy raw vegetables, such as lettuce or spinach

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts

2 to 3

- 2 to 3 ounces cooked lean meat, poultry, or fish counts as one serving
- 1 egg, 1/2 cup cooked dry beans, or 2 tablespoons peanut butter counts as one-half serving

Milk, Yogurt, Cheese

2 to 3 *2 servings for most children and adults
3 servings for women who are pregnant or breastfeeding, and for teenagers and young adults to age 24*

- 1 cup milk
- 8 ounces yogurt
- 1-1/2 ounces natural cheese
- 2 ounces process cheese

Fats, Oils, Sweets



Avoid too many fats and sweets. If you drink alcoholic beverages, do so in moderation.

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