

# Add Variety to Your Meals

## ...With the Food Guide Pyramid

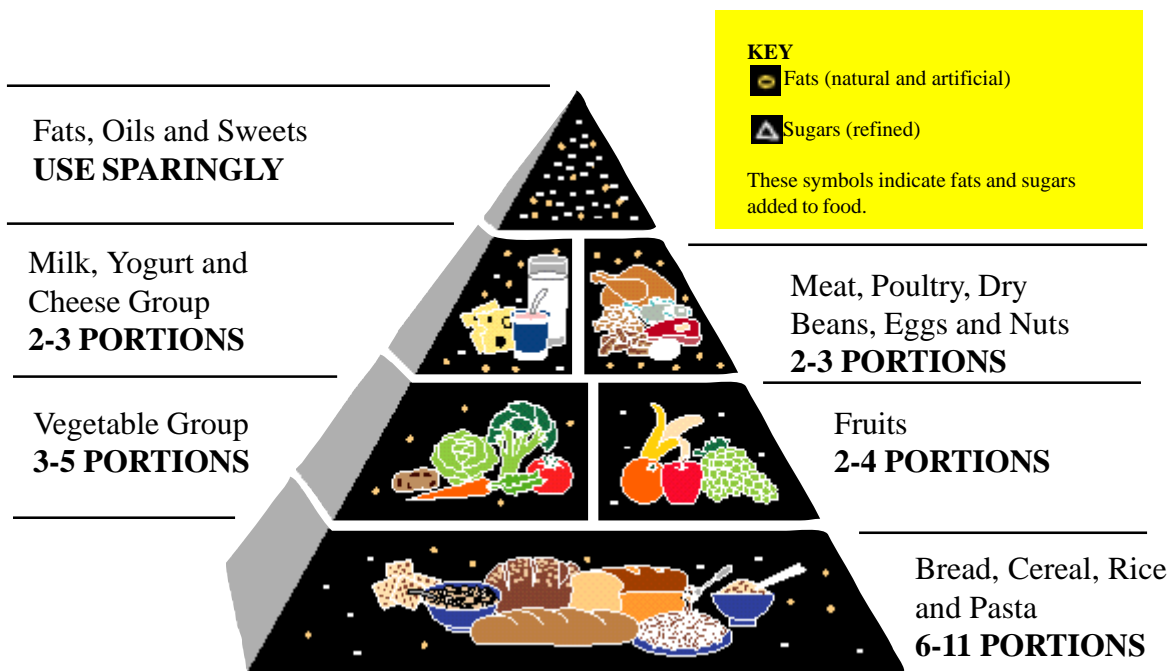
An English translation of a Spanish publication of the Texas Agricultural Extension Service, Texas A&M University, entitled "Agregue Variedad a Sus Comidas ...Con la Guía Pirámide de Alimentos." Translated by permission.

No food by itself can give you all the nutrients that you need in order to stay healthy. For this reason, it is best to eat a variety of foods every day.

There are  
nutrients in  
all foods

Use the Food Guide Pyramid to help you eat better every day... Start with plenty of breads, cereals, rice and pasta, as well as vegetables and fruits. Also include two to three portions of the Milk Group and two to three portions of the Meat Group. Limit your consumption of fats, oils, and sweets, the foods at the top

## The Food Guide Pyramid A guide for the daily selection of food



## What Constitutes a Portion?

### Breads, Cereals, Rice and Pasta

1 slice of bread  
 1/2 cup of cooked cereal, rice or pasta  
 1 ounce of dry cereal

### Fruits

1 whole medium-sized fruit  
 3/4 cup of juice  
 1/2 cup of canned fruit

### Vegetables

1/2 cup of cooked vegetables  
 1 cup of mixed salad

### Milk

1 cup of milk  
 8 ounces of yogurt  
 1 1/2 to 2 ounces of cheese

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

3 ounces of cooked meat, poultry or fish. Three ounces of meat are approximately the size of a deck of cards.

1/2 cup of cooked beans or two tablespoons of peanut butter or one egg is equivalent to 1 ounce of meat (approximately 1/3 of a portion)

### Fats, Oils and Sweets

use sparingly

## How many portions do you need every day?

	Women and some older adults	Children, teenage girls, active women, most men	Teenagers and active men
Bread Group	6	9	11
Vegetable group	3	4	5
Fruit Group	2	3	4
Milk group	2-3*	2-3*	2-3*
Meat Group	2	2	3

\*Pregnant or nursing women, teenagers, and young adults under the age of 24 need 3 portions.

\*The upper tip of the pyramid represents the fats, oils and sweets. Some examples are salad dressings, cream, butter, margarine, sugars, sodas and sweets. Eat these foods in moderation because they contain many calories from fat and sugar but have few nutrients.

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