

Food Guide Pyramid: A Guide to Healthier Eating

Fats, Oils, Sweets
4 small servings a day



Milk Group
3–5 servings a day



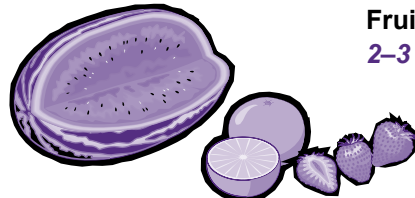
Protein Group
2–3 servings a day



Vegetable Group
3–5 servings a day



Fruit Group
2–3 servings a day



Grain Group
6–11 servings a day

Calcium: Need 1200 – 1500 mg/day (1 cup milk or yogurt: 320 mg; 1 cup turnip greens: 94 mg)

Folate: Need 0.6 mg/day (1 cup orange juice: 0.1 mg. and 1 cup cereal: 0.47 mg.) read labels.

Iron: Need 30 mg/day (3 oz beef liver or 1 tablespoon molasses: 5 mg; 1 cup enriched cereals: 1–16 mg) read labels.