Food Guide Pyramid, USDA

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

GRAINS

- Eat at least 6 oz. of whole-grain cereals, breads, crackers, rice or pasta every day.
- 1 oz. is about 1 slice of breads, about 1 cup of cereal, or 1/2 cup of cooked rice, cereal or pasta.

VEGETABLES

- Eat 2 1/2 cups every day.
- Eat more dark green veggies like broccoli, spinach and other dark leafy greens.
- Eat more orange vegetables like carrots and sweet potatoes.
- Eat dry beans and peas (pinto beans, kidney beans and lentils).

FRUITS

- Eat 2 cups every day.
- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

MILK

- Get 3 cups every day (for kids aged 2 to 8, drink 2 cups).
- Go low-fat or fat-free when you choose milk, yogurt and other milk products.
- If you do not or cannot drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

MEAT AND BEANS

- Eat 5 1/2 oz. every day.
- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your protein routine. Choose more fish, beans, peas, nuts and seeds.

FATS, SUGARS AND SALT (SODIUM)

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the nutrition facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Find your balance between food and physical activity.

Information courtesy of USDA Center for Nutrition Policy and Promotion.

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