

Pyramid Servings: How Much? How Many?

Smart eating is part of growing and staying healthy. Use the Food Guide Pyramid as your guide for making daily food choices. Paying attention to Pyramid Serving Sizes can help you find out if you eat enough or too much of some foods.



What Counts As a Serving?

Milk Group2 to 3 Servings each day

size of:

- small milk carton (8 oz) = 1 cup milk
- 2 batteries (9-volt) = 1 1/2 ounce natural cheese
- baseball = 1 cup yogurt (8 oz)

Meat & Beans Group2 to 3 Servings each day

size of: (for a total of 5 to 7 oz each day)

- deck of cards = 2 to 3 ounces meat
- baseball = 1 cup cooked beans (= 2 ounces)
- roll of film (35 mm) = 2 tablespoons peanut butter (= 1 ounce of meat)

Vegetable Group....3 to 5 Servings each day

size of:

- deck of cards = 10 french fries
- small computer mouse = 1/2 cup vegetables
- baseball = 1 cup raw, leafy vegetables

Fruit Group2 to 4 Servings each day

size of:

- baseball = 1 medium apple, orange, pear
- 6 oz can = 3/4 cup fruit juice
- small computer mouse = 1/2 cup chopped or canned fruit

Grains Group6 to 11 Servings each day

size of:

- computer disk = 1 slice bread
- baseball = about 1 cup ready-to-eat cereal
- small computer mouse = 1/2 cup cooked rice, pasta or cereal

Provided by _____

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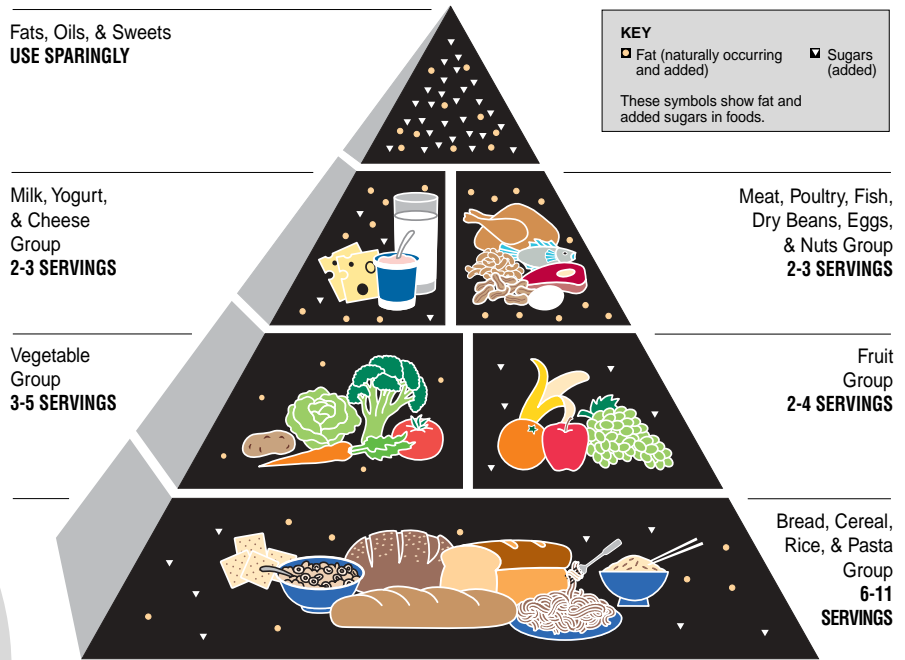
How many Pyramid Servings do **YOU** need each day?

	Most women Children (ages 2-6)	Active women Older children Teen girls Most men	Teen boys Active men
Food Groups	<i>fewest servings</i>		<i>most servings</i>
Daily Servings Needed			
Milk	2 or 3*	2 or 3*	2 or 3*
Meat & Beans	2	2	3
Vegetable	3	4	5
Fruit	2	3	4
Grains	6	9	11
Total Calories each day	1,600 Calories	2,200 Calories	2,800 Calories

***Adults** (age 50 and over), and **Children and Teens** (ages 9 to 18) need 3 servings from the Milk Group each day.

How Much Do You Eat?

...When you shop, eat out, or enjoy food at home, estimate how much you eat. Use these shapes as your way to remember the size of Pyramid Servings.



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

baseball

- = 1 cup leafy, raw vegetables
- = 1 medium apple, orange, or pear
- = about 1 cup ready-to-eat cereal
- = 1 cup yogurt
- = 1 cup cooked, dry beans

small computer mouse

- = 1/2 cup cooked vegetables
- = 1/2 cup chopped or canned fruit
- = 1/2 cup cooked cereal, rice, or pasta

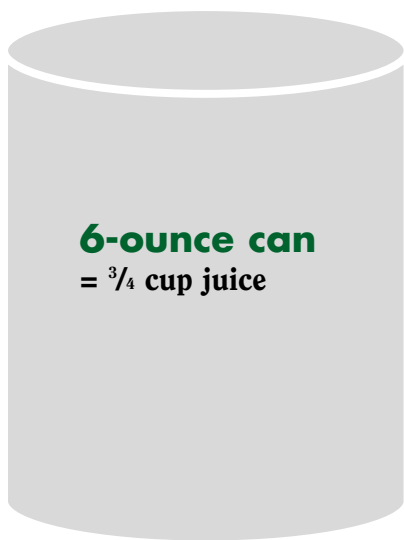
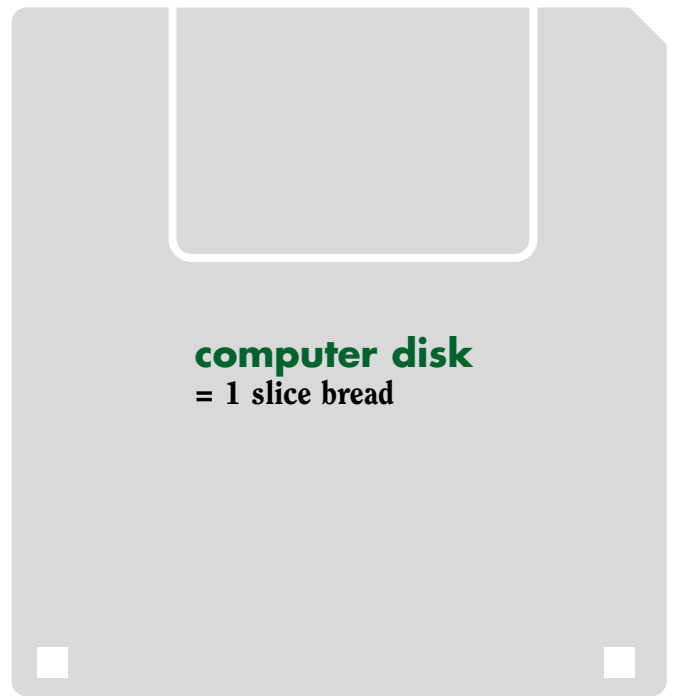
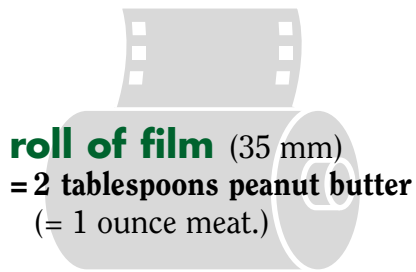
deck of cards

- = 2 to 3 ounces of meat, poultry, fish
- = 10 french fries

Here are actual size outlines of different items.

Provided by _____

How Much Do You Eat?



Use the Pyramid Servings like measuring tools – to estimate the amount you eat, compared to the amount you need

