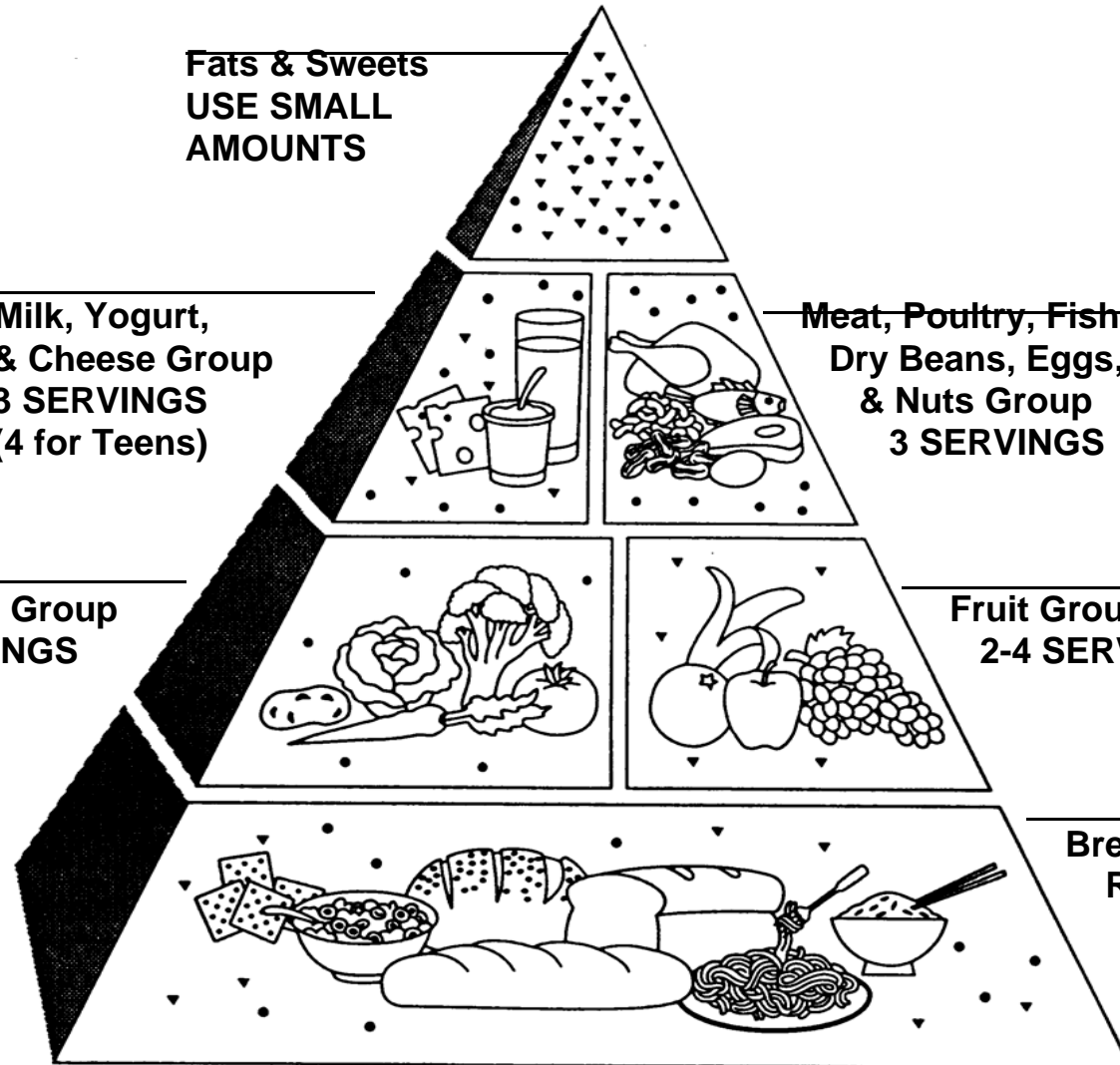


# FOOD GUIDE PYRAMID

*A Guide to Daily Food Choices for Postpartum Women*

The Food Guide Pyramid is a general guide that lets you choose healthy foods that are right for you. The Pyramid calls for eating foods from the five food groups shown in the three lower sections to get the calories, vitamins, and minerals (nutrients) you need for growth and good health. Each of the food groups provide some, but not all of, the nutrients you need. Foods in one group cannot replace foods in another. No one food group is more important than another. For good health, they are all important.

Eat the Recommended Number of Servings each day from the five food groups to maintain your health.



**Fats & Sweets**  
**USE SMALL AMOUNTS**

**Milk, Yogurt, & Cheese Group**  
**3 SERVINGS**  
**(4 for Teens)**

**Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group**  
**3 SERVINGS**

**Vegetable Group**  
**3-5 SERVINGS**

**Fruit Group**  
**2-4 SERVINGS**

**Bread, Cereal, Rice & Pasta Group**  
**6-11 SERVINGS**

**KEY**

These symbols show fats and added sugars in foods.

! Fat (naturally occurring and added)

□ Sugars (added)

Adapted from: U.S. Department of Agriculture and the U.S. Department of Health and Human Services

**MY GOAL IS:** \_\_\_\_\_

# What Counts as 1 Serving?



The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings.

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## **Bread, Cereal, Rice, & Pasta Group**

- 1 slice of bread
- 2 cup of cooked rice or pasta
- 2 cup of cooked cereal
- : cup of ready-to-eat cereal
- 4-5 crackers
- 1 tortilla (6")
- 12 cups popped corn
- 2 English muffin or bagel
- 1 roll/muffin
- 2 hamburger/hot dog bun
- 1 pancake or waffle (5")

## **Vegetable Group**

- 2 cup of chopped raw or cooked vegetables
- 1 cup of leafy raw vegetables

## **Fruit Group**

- 1 piece of fruit or melon wedge
- : cup of juice
- 2 cup of canned fruit
- 3 cup of dried fruit

## **Milk, Yogurt, & Cheese Group**

- 1 cup of milk or yogurt
- 12 ounce of natural cheese
- 2 ounces of processed cheese
- 12 cups of ice cream or frozen yogurt
- 12 cups cottage cheese

## **Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group**

- 2-3 ounces of cooked lean meat, poultry, or fish
- 2 hot dogs
- 1 cup of cooked beans
- 2 eggs
- 3 c or 4 tablespoons of peanut butter
- 2 cup tuna salad
- 1 cup tofu
- 2 cup seeds

**Fats & Sweets**  
LIMIT CALORIES FROM THESE especially if you need to lose weight

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## **A Closer Look at Fat and Sugar**

The tip of the Food Guide Pyramid contains the fats and sweets. These foods include salad dressing, cream, butter, margarine, sugar, candy, soda pop, sweet desserts, and some snack and fast foods. These foods provide calories but not many vitamins and minerals. They can be used in moderation to add variety to your diet once you have chosen foods from the other food groups.

When choosing foods for a healthful diet, consider the fat and sugar that might be in foods in the other food groups--for example, French fried potatoes. Fat and sugar is not just in the tip of the Pyramid, but it is also hidden in many of the fast and convenience foods we eat. The best idea is to choose foods from the five groups of the Pyramid that are as close to natural as possible--not precooked, boxed, or bagged. That way it is easiest to choose a healthful diet without a lot of added fat, sugar, and salt. Foods already processed are often more expensive than those you fix yourself.