

 **Food Pyramid**

10 Ounces

at least Half of Amount per day

Grains

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- brown rice
- white flour
- white bread
- white rice

Grain Kernel

Refined Grains

4 Cups

Vary your veggies

Aim for these amounts each week

Vegetables

- Dark Green Vegetables = 3 Cups
 - Spinach
 - Broccoli
- Orange Veggies = 2 1/2 Cups
 - Carrots
 - Pumpkin
- Dry beans & Peas = 3 1/2 Cups
 - Black Beans
 - Pinto Beans
 - White Beans
- Starchy Veggies = 9 Cups
 - Corn
 - Green Peas
 - Potatoes
- Other Veggies = 10 Cups
 - Onions
 - Tomatoes
 - Green Beans
 - Mushrooms

7 Ounces

Chose low-fat or leans meats and poultry

Meats & Beans

Vary your protein routine

Go lean with Proteins

- Eggs
- Fish
 - Salmon
 - Snapper
 - Sea Bass
 - Squid
 - Shrimp
- Poultry
 - Chicken
 - Turkey
- Dry Beans and Peas
- Nuts and Seeds
 - Almonds
 - Mixed Nuts
 - Peanuts
 - Pistachios

2 1/2 Cups

Fruits

Focus on Fruits

Eat a Variety of Fruits

Go easy on fruit Juices

- Apple
- Bananas
- Berries
 - Strawberries
 - Grapes
 - Lemon
- Watermelon
- Nectarines
 - Oranges
 - Peaches
 - Pineapple
 - Tangerines

3 Cups

Milk

Get your Calcium-Rich foods

Go low-fat or fat-free when you choose milk, yogurt or cheese

- Ice Cream
- Frozen Yogurt

Limit Extras-Solid fats and Sugars-510 Calories a day
Your allowance for oils is 10 teaspoons a day



Be Physically active for at least 30 minutes most days of the week