DAILY FOOD GUIDE PYRAMID

Milk Group
3-4 servings

Meat Group
2-3 servings

Vegetable Group
3-5 servings

Fruit Group
2-4 servings

Grain Group
6-11 servings

“Others” category
(Fats, oils, and sweets)
eat sparingly

Need more information on serving sizes or the variety of foods in each food group? Ask for a copy of Dairy Council’s GUIDE to GOOD EATING.

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Combination Foods Are Nutritious

Pizza... Lasagna... Chicken Stir fry!
Where do they fit on the Pyramid?

These mixed dishes—"Combination Foods"—are made by combining foods from the Five Food Groups. So, they fit in several parts of the pyramid.

Combinations count as full or partial servings of two or more food groups. So, they help you meet the recommended number of servings listed on the Daily Food Guide Pyramid.

For example: Cheese and Green Pepper Pizza

- Cheese
- Tomato Sauce / Green Pepper
- Crust

= ¼ of 12" Pizza

Serving Sizes of Combination Foods

- Chicken stir fry and rice
- 1½ cups

- Cheese and mushroom omelet
- 2 eggs

- Cereal with fruit and milk
- 1½ cup

- Lasagna
- 2½" x 2½"

- Cheeseburger
- 1

- Baked potato with cheese and broccoli
- 1

- Chef's Salad
- 1½ cups

- Chili and crackers
- 1 cup

Eat Healthy!
Eat the Pyramid Way!

- Get enough foods from each food group every day. Use the serving numbers on the front as a guide.

- Count Combination Foods as servings or partial servings from the food groups. Combinations can help you meet your daily servings from each food group.

- Limit foods from the "Others" category. These foods are usually high in calories (from sugar and fat) and low in most nutrients. They include:
  - Sweets (cake, pie, candy, cookies, etc.)
  - Chips and other salty snacks
  - Alcohol (wine, wine coolers, beer, etc.)
  - Fats and Oils (salad dressing, mayonnaise, spreads, etc.)
  - Other Beverages (coffee, tea, soft drinks, etc.)