

Appendix B

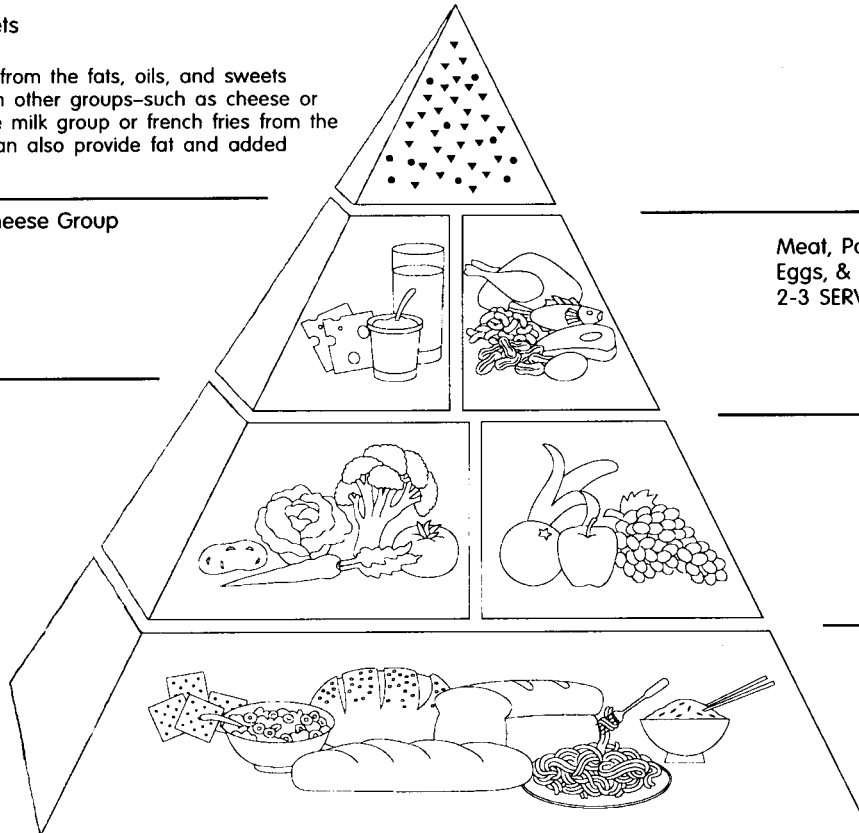
The Food Guide Pyramid A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

They come mostly from the fats, oils, and sweets group, but foods in other groups—such as cheese or ice cream from the milk group or french fries from the vegetable group—can also provide fat and added sugars

Milk, Yogurt & Cheese Group
3-4 SERVINGS

Vegetable Group
3-5 SERVINGS



Meat, Poultry, Fish, Dry Beans,
Eggs, & Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

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

LOOKING AT THE PYRAMID

The Food Guide Pyramid illustrates the importance of balance among food groups in an individual's daily eating pattern. This tool translates the Dietary Guidelines into food groups, listing the number of recommended daily servings of food from each group. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one of these major food groups is more important than another—for good health, you need them all.

WHAT COUNTS AS A SERVING?

The amount of food that counts as 1 serving is listed opposite. If you eat a larger portion, count it as more than 1 serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings of pasta.

Be sure to eat at least the lowest number of servings from the five major food groups listed below. You need them for the vitamins, minerals, carbohydrates, and protein they provide. Just try to pick the lowest fat choices from the food groups. No specific serving size is given for the fats, oils, and sweets group because the message is USE SPARINGLY.

EXAMPLES OF ONE SERVING

Milk, Yogurt, and Cheese

1 cup of milk or yogurt	1 1/2 ounces of natural cheese	2 ounces of process cheese
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Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter counts as 1 ounce of lean meat
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Vegetable

1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice
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Fruit

1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice
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Bread, Cereal, Rice, and Pasta

1 slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal, rice, or pasta
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PYRAMID POINTERS... SELECTION TIPS FOR BUILDING A BETTER DIET

The most effective way to moderate the amount of fat and added sugars in your diet is to cut down on "extras" – foods in the sixth food group (fats, oils, and sweets). Also choose lower fat and lower sugar foods from the other five food groups often. Here are some tips:

Fats, Oils, and Sweets – Use Sparingly

- Go easy on fats and sugars added to foods in cooking or at the table – butter, margarine, gravy, salad dressing, sugar, and jelly.
- Choose fewer foods that are high in sugars – candy, sweet desserts, and soft drinks.

Bread, Cereal, Rice, and Pasta Group – 6-11 Servings

- To get the fiber you need, choose several servings a day of foods made from whole grains.
- Choose most often foods that are made with little fat or sugars, like bread, english muffins, rice, and pasta.
- Go easy on the fat and sugars you add as spreads, seasonings, or toppings.
- When preparing pasta, stuffing, and sauce from packaged mixes, use only half the butter or margarine suggested; if milk or cream is called for, use low fat milk.

Vegetable Group – 3-5 Servings

- Different types of vegetables provide different nutrients. Eat a variety.
- Include dark-green leafy vegetables and legumes several times a week – they are especially good sources of vitamins and minerals. Legumes also provide protein and can be used in place of meat.
- Go easy on the fat you add to vegetables at the table or during cooking. Added spreads or toppings, such as butter, mayonnaise, and salad dressing, count as fat.
- Use low fat salad dressing.

Fruit Group – 2-4 Servings

- Choose fresh fruits, fruit juices, and frozen, canned or dried fruit. Go easy on fruits canned or frozen in heavy syrups and sweetened fruit juices.
- Eat whole fruits often – they are higher in fiber than fruit juices.
- Count only 100 percent fruit juice as fruit. Punches, ades, and most fruit "drinks" contain only a little juice and lots of added sugars.

Milk, Yogurt, and Cheese Group – 3-4 Servings

- Choose skim milk and nonfat yogurt often. They are lowest in fat.
- 1 1/2 to 2 ounces of cheese and 8 ounces of yogurt count as a serving from this group because they supply the same amount of calcium as 1 cup of milk.
- Choose "part skim" or low fat cheeses when available and lower fat milk desserts, like ice milk or frozen yogurt. Read labels.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group – 2-3 Servings

- Choose lean meat, poultry without skin, fish, and dry beans and peas often. They are the choices lowest in fat.
- Prepare meats in low fat ways:
 - Trim away all the fat you can see.
 - Remove all skin from poultry.
 - Broil, roast, or boil these foods instead of frying them.
- Nuts and seeds are high in fat, so eat them in moderation.

Appendix B

Dietary Guidelines for Americans

Aim for fitness

- Aim for a healthy weight.
- Be physically active each day.

Build a healthy base

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Choose sensibly

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods that limit your intake of sugar.
- Choose and prepare foods with less salt.

Dietary Guidelines Advisory Committee, 2000. Excerpt of the Report of the Dietary Guidelines Advisory Committee on Dietary Guidelines for Americans, 2000. Draft. Available from <http://ars.usda.gov/dgac/>.