

# 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 Group .....2 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 Group .....2 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 Group .....2 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 Group .....6 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 \_\_\_\_\_

# Pyramid Servings: How Much? How Many?

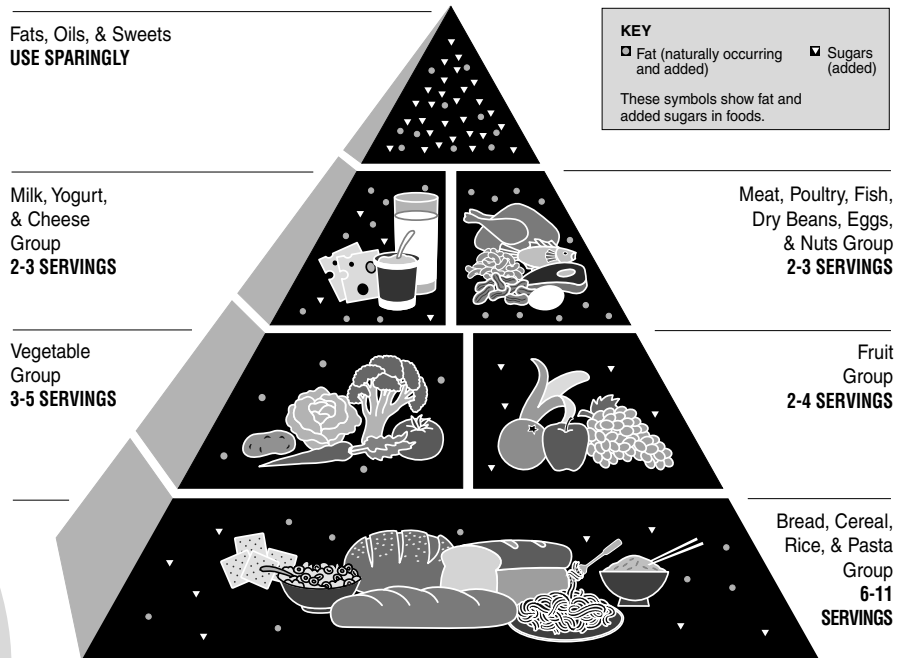
## How many Pyramid Servings do **YOU** need each day?

	Most women Children (ages 2-6)	Active women Older children Teen girls Most men	Teen boys Active men
<b>Food Groups</b>	<i>fewest servings</i>		<i>most servings</i>
<b>Daily Servings Needed</b>			
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

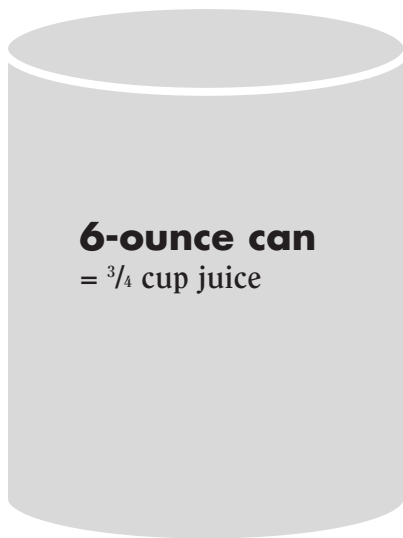
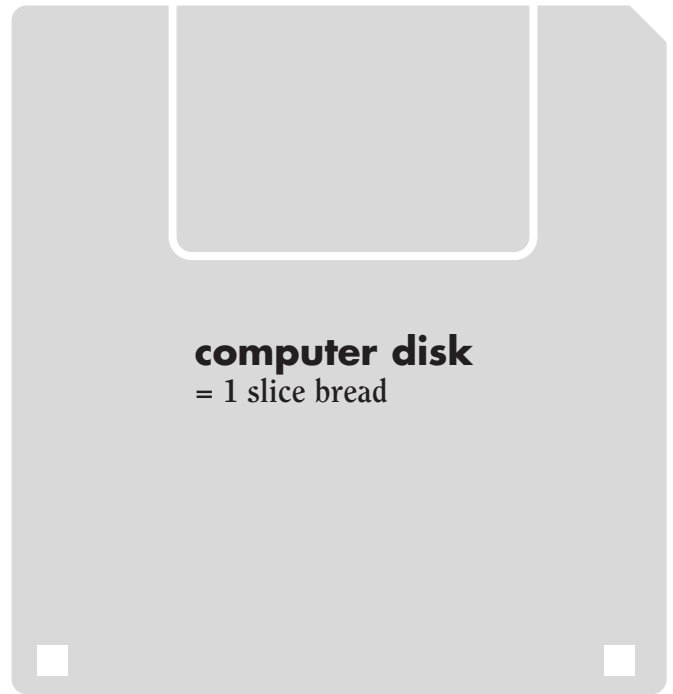
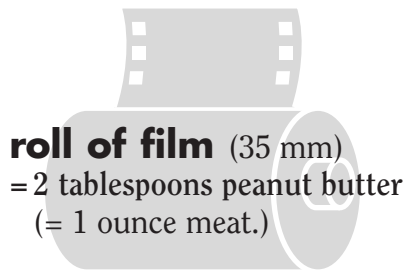
- = 2 to 3 ounces of meat, poultry, fish
- = 10 french fries

Here are actual size outlines of different items.

Provided by \_\_\_\_\_

# How Much Do You Eat?

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

