

GUIDE TO GOOD EATING

Every day eat different foods from each food group.

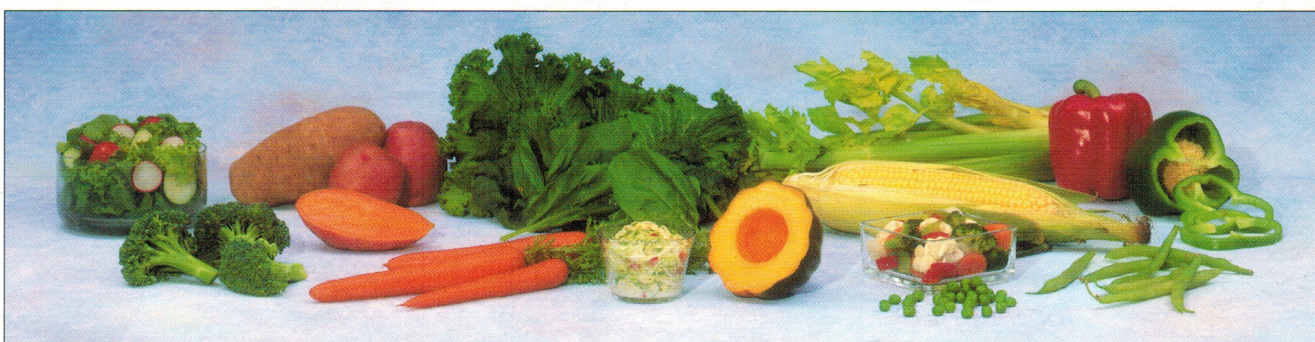
MILK
Group
2-4 servings*



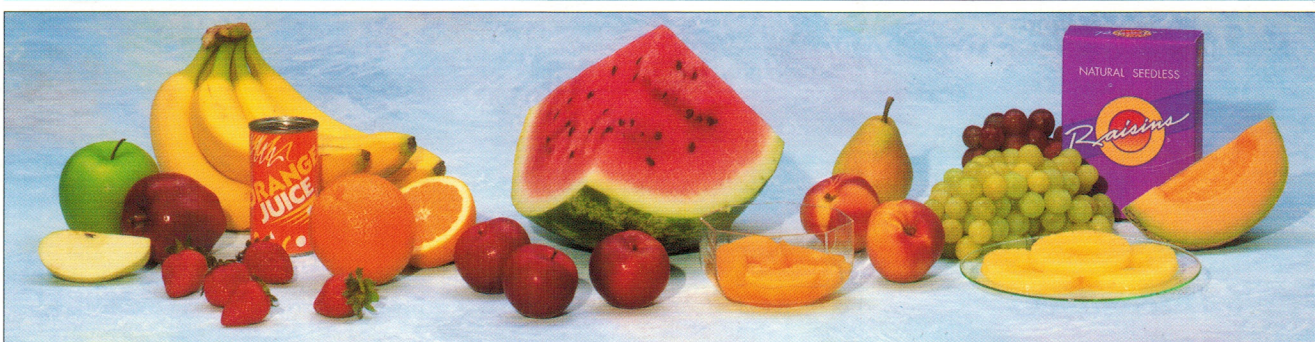
MEAT
Group
2-3 servings



VEGETABLE
Group
3-5 servings



FRUIT
Group
2-4 servings



GRAIN
Group
6-11 servings



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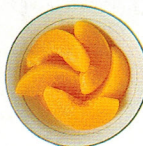









Anyone can eat for good health.
Just follow these 2 simple steps:

1. *Eat foods from all Five Food Groups every day.*
Each food group provides you with different nutrients.

2. *Eat different foods from each food group every day.*
Some foods in a food group are better sources of a nutrient than others. By eating several foods from each food group, you increase your chance of getting all the nutrients you need.

Every day eat:

Suggested Serving Sizes

 <p>MILK Group for calcium</p> <p>2-4 servings*</p>	 <p>Milk 1 cup</p>	 <p>Yogurt 1 cup</p>	 <p>Cheese 1½ - 2 oz</p>	 <p>Cottage cheese ½ cup</p>	 <p>Ice cream, ice milk, frozen yogurt ½ cup</p>
 <p>MEAT Group for iron</p> <p>2-3 servings</p>	 <p>Cooked, lean meat 2-3 oz</p>	 <p>Cooked, lean poultry, fish 2-3 oz</p>	 <p>Egg 1</p>	 <p>Peanut butter 2 tbsp</p>	 <p>Cooked, dried peas, dried beans ½ cup</p>
 <p>VEGETABLE Group for vitamin A</p> <p>3-5 servings</p>	 <p>Juice ¾ cup</p>	 <p>Raw vegetable ½ cup</p>	 <p>Raw leafy vegetable 1 cup</p>	 <p>Cooked vegetable ½ cup</p>	 <p>Potato 1 medium</p>
 <p>FRUIT Group for vitamin C</p> <p>2-4 servings</p>	 <p>Juice ¾ cup</p>	 <p>Raw, canned, or cooked fruit ½ cup</p>	 <p>Apple, banana, orange, pear 1 medium</p>	 <p>Grapefruit ½</p>	 <p>Cantaloupe ¼</p>
 <p>GRAIN Group for fiber</p> <p>6-11 servings</p>	 <p>Bread 1 slice</p>	 <p>English muffin, hamburger bun ½</p>	 <p>Ready-to-eat cereal 1 oz</p>	 <p>Pasta, rice, grits, cooked cereal ½ cup</p>	 <p>Tortilla, roll, muffin 1</p>

Some foods don't have enough nutrients to fit in any of the Five Food Groups. These foods are called "Others." These foods are okay to eat in moderation. They should not replace foods from the Five Food Groups.

*USDA recommends 2-3 servings of Milk Group foods. Four servings are recommended on the Guide to Good Eating for teens, adults under 25 years of age, and pregnant and lactating women due to their higher needs for calcium.

"OTHERS" Category

Fats and oils, sweets, salty snacks, alcohol, other beverages, and condiments

