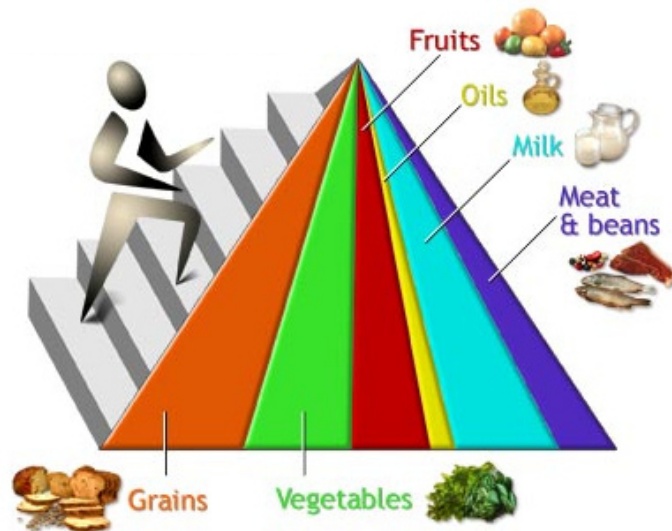


Eat Healthy with the Food Pyramid

The Food Guide Pyramid is one way for people to understand how to eat healthy.

- A rainbow of colored, vertical stripes represents the five food groups plus fats and oils.
- The steps are a way of saying that you can make changes little by little to be healthier — one step at a time.



Grains	Vegetables	Fruits	Milk	Meat & Beans
<p>Make half your grains whole</p> <p>Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day.</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Vary your veggies</p> <p>Eat more dark-green veggies, like broccoli, spinach, and other dark leafy greens.</p> <p>Eat more orange vegetables like carrots and sweetpotatoes.</p> <p>Eat more dry beans and peas.</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit.</p> <p>Choose fresh, frozen, canned, or dried fruit.</p> <p>Go easy on fruit juices.</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-0free when you choose milk, yogurt, and other milk products.</p> <p>If you don't or can't consume milk, chose lactose-free products or calcium fortified foods and beverages.</p>	<p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you and your family members, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2-1/2 cups every day

Eat 2 cups every day

Eat 3 cups every day

Eat 5-1/2 oz. every day

The recommendations in the Dietary Guidelines and in MyPyramid are for the general public over 2 years of age. MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.



Call the Parent Help Line. We listen. We can find you help.
 1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week
 or log onto www.parenthelpline.org