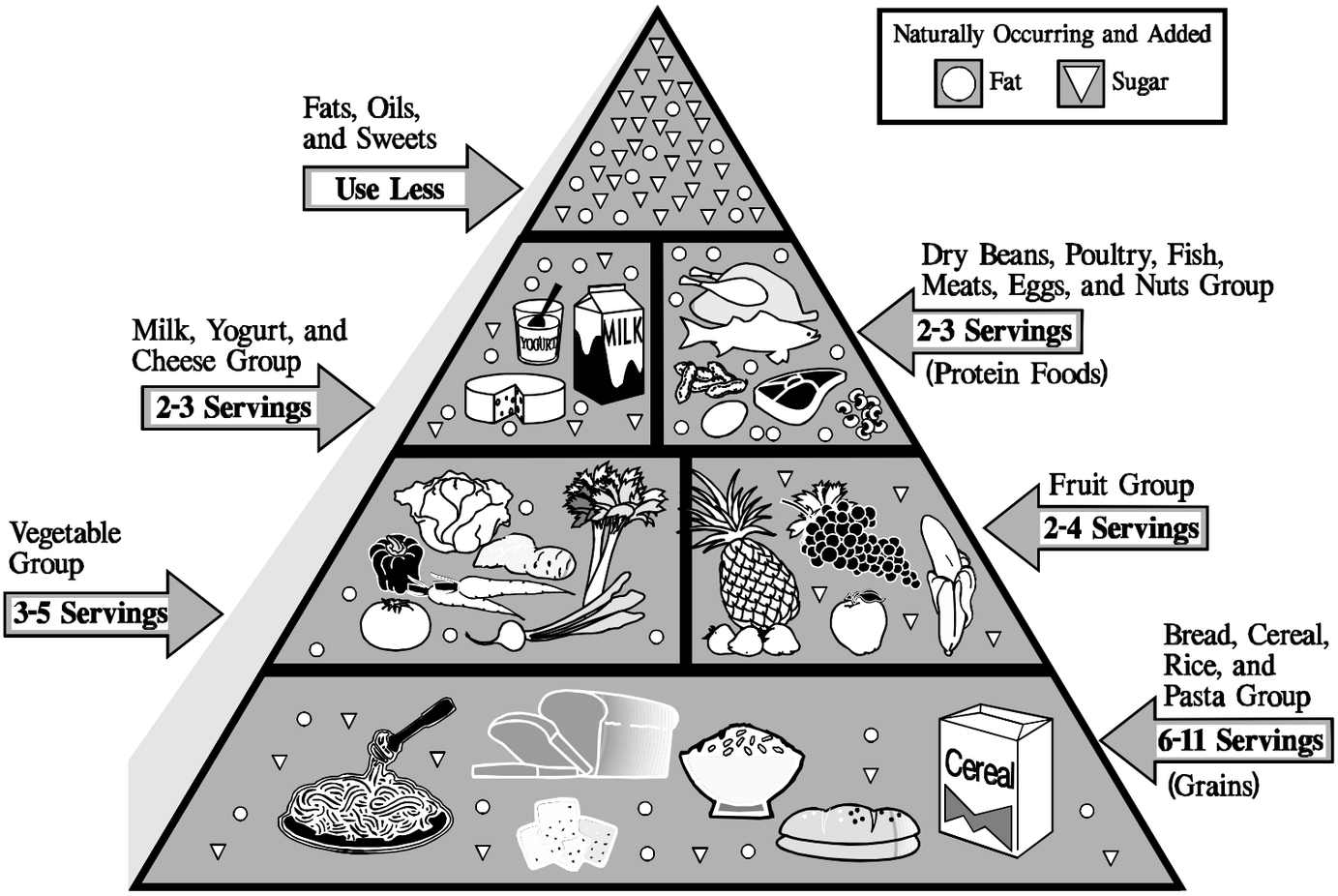
Plan Healthy, Low-Cost Meals Using the Food Guide Pyramid

Choose from these 5 basic food groups every day.



Meal planning is like building a pyramid.
Plan meals from the bottom of the pyramid up.

The foods at the base or bottom of the pyramid are:

- ▲ Less expensive
- ▲ More filling
- ▲ Healthier, because they are low in fat and sugar

So, when planning meals, build a base with grains, vegetables and fruits. Then, top them off with choices from the protein and milk group. If you use fats, oils and sugar, only use small amounts.

(See other side for information on how to use several food groups in one main dish.)

Serving Sizes for Adults *

Breads, Cereals, Rice, and Pasta

1 slice of bread
1/2 cup cooked rice or pasta
1/2 cup cooked cereal
1 cup ready-to-eat cereal
4 small crackers

Vegetables

1/2 cup cooked or chopped raw
1 cup leafy raw
3/4 cup juice

Fruits

1 medium size
3/4 cup juice
1/2 cup canned or chopped
1/4 cup dried

Milk, Yogurt, and Cheese

1 cup nonfat or extra light milk
(For children under 2 years, use Vitamin D **whole** milk.)
1 cup nonfat or low fat yogurt
1 1/2 - 2 ounces low fat cheese

Dry Beans, Poultry, Fish, Meat, Eggs, and Nuts

2 - 3 ounces cooked lean meat, poultry, or fish

1 ounce lean meat = 1/2 cup cooked dry beans or 1 egg or 2 tablespoons peanut butter

Fats, Oils, and Sweets

Limit calories from these for better health.

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** For children (1-3 years), use 1/2 serving sizes and increase the number of milk group servings to 4 each day.*

County of San Bernardino, Department of Public Health

Nutrition Network FOR HEALTHY ACTIVE FAMILIES

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