

# Food Guide Pyramid

## A Guide to Daily Food Choices

**KEY**  Fat (naturally occurring and added)  
 Sugar (added)  
These symbols show fat and added sugars in foods.

SOURCE  
U.S. Department  
of Agriculture  
U.S. Department  
of Health and  
Human Services

Fats, Oils, & Sweets  
**USE SPARINGLY**

Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**



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



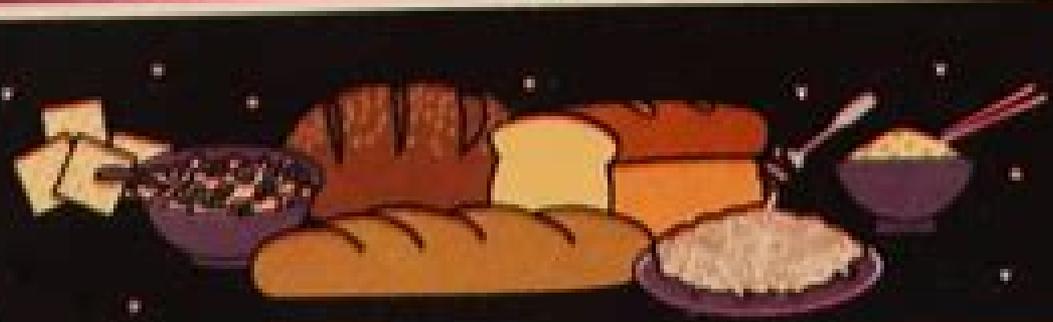
Vegetable  
Group  
**3-5 SERVINGS**



Fruit  
Group  
**2-4 SERVINGS**



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



# Food Guide Pyramid Menu

**Lisa Gordon-Davis, Lientjie Van  
Rensburg**



## **Food Guide Pyramid Menu:**

*The Hospitality Industry Handbook on Nutrition and Menu Planning* Lisa Gordon-Davis, Lientjie Van Rensburg, 2004-04 South Africa's hospitality industry has to cater for extremely diverse nutritional needs those of foreign tourists as well as South Africans from all cultural and religious sectors Nutrition principles and ideas on how to fully utilise South Africa food resources are explored in this title

**Review of the U.S. Department of Agriculture's Proposed Rule, "Nutrition Objectives for School Meals"** United States. Congress. House. Committee on Agriculture. Subcommittee on Department Operations and Nutrition, 1995 These hearing transcripts provide testimony on a rule proposed by the United States Department of Agriculture USDA Nutrition Objectives for School Meals that would require meals served under the national school lunch program to be consistent with federal dietary guidelines The majority of the testimony addressed the content of school meals and efficacy of the proposed rule either supporting the USDA's guidelines or calling for more local autonomy in planning meals to meet nutrition guidelines Testimony was heard from 1 Representatives Charles W Stenholm Pat Roberts Steve Gunderson and Dan Glickman 2 Ellen Haas the Assistant Secretary Food and Consumer Services U S Department of Agriculture 3 the Wheat Foods Council 4 the National Milk Producers Federation 5 the American Cancer Society 6 the Society for Nutrition Education 7 the National Food Processors Association 8 the President's Council on Physical Fitness and Sports 9 the Food Research and Action Center 10 the American School Food Services Association 11 the National Parent Teacher Association 12 Public Voice for Food and Health Policy 13 the National Cattlemen's Association 14 the United Fresh Fruit and Vegetable Association 15 the Canadian Pediatric Society 16 the American Heart Association 17 the California Department of Education 18 the Produce Marketing Association and 19 the International Dairy Foods Association MDM

**Dietary Reference Intakes** Institute of Medicine, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, 2003-10-07 The Dietary Reference Intakes DRIs are quantitative estimates of nutrient intakes to be used for planning and assessing diets for apparently healthy people This volume is the second of two reports in the DRI series aimed at providing specific guidance on the appropriate uses of the DRIs The first report provided guidance on appropriate methods for using DRIs in dietary assessment This volume builds on the statistical foundations of the assessment report to provide specific guidance on how to use the appropriate DRIs in planning diets for individuals and for groups Dietary planning whether for an individual or a group involves developing a diet that is nutritionally adequate without being excessive The planning goal for individuals is to achieve recommended and adequate nutrient intakes using food based guides For group planning the report presents a new approach based on considering the entire distribution of usual nutrient intakes rather than focusing on the mean intake of the group The report stresses that dietary planning using the DRIs is a cyclical activity that involves assessment planning implementation and reassessment Nutrition and public health researchers dietitians and nutritionists responsible for the education of the next

generation of practitioners and government professionals involved in the development and implementation of national diet and health assessments public education efforts and food assistance programs will find this volume indispensable for setting intake goals for individuals and groups

**Menu Solutions** Sandra J. Frank, Robert E. Baker, 1996-06 This reference and recipe book for institutional foodservice and health care professionals includes the principles of planning modified diets as well as 400 regular and special diet recipes which can be prepared in large 50 or small 4 quantities

*Family Economics and Nutrition Review*, 2001

*Resources in Education*, 1999-04

Nutrition and Wellness Resource Guide Joanna Kister, 1994

**Simply Good Eating: Text**, 2004

**Food Management**, 1994-07

Federal Register, 1995-06-12

**Journal of the American Dietetic Association**, 2000

Today's Teen Joan Kelly-Plate, 1994 Covers such topics as self discovery relationships managing resources such as time money natural resources housing clothing and foods

*Teen Health* Mary Bronson Merki, 1999

*Child & Adult Care Professionals* Karen Jo Stephens, Maxine Hammond-Smith, 2004

Child Adult Care Professionals is an occupational program preparing students at grades 10 12 for employment in child care and or adult care centers This program prepares students for the CDA Child Development Associate credential

**Family Meals** Carrie E. Holcomb, 2005

*Instructor's Guide for Mosbys Long Term Care Assistants* Sorrentino, 2003-04 This comprehensive text provides complete coverage of the knowledge and skills nursing assistants need to work in a long term care facility Written at a 7th grade reading level the concise readable highly visual format appeals to learners of all levels The clear logical presentation of procedures with hundreds of large full color photos and drawings makes it easy for students to learn and understand This edition addresses the expanding role of the nursing assistant in long term care providing additional coverage of assisted living restraint alternatives transfers wound care elderly abuse and restorative nursing

*An Administrator's Guidebook to Early Care and Education Programs* Dorothy W. Hewes, Jane M. Leatherman, 2004

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*The Young Child* Margaret B. Puckett, Janet K. Black, 2001 Updated information on the growth and development in early childhood

**Today's Teen, Student Edition** McGraw Hill, 1999-07-14 Totally updated and reorganized with an I can do it attitude that teaches teens how to relate their knowledge and skills to everyday life This comprehensive junior high textbook provides a hands on approach to practical experiences that teach life skills

**Nutrition Perspectives**, 1991

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