

# Healthy Food Pyramid

## FATS, OILS & SWEETS GROUP

### USE SPARINGLY

The small tip of the Pyramid shows fats, oils and sweets. These are foods such as oils, salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories and little else nutritionally.



## MILK, YOGURT AND CHEESE GROUP

**2-3 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 1 cup of milk or yogurt  
 1 1/2 ounces of natural cheese  
 2 ounces of processed cheese



## MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP

**2-3 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 2-3 ounces of cooked lean meat, poultry, or fish  
 1/2 cup of cooked dry beans or 1 egg or 2 tablespoons of peanut butter count as 1 ounce of lean meat.

## VEGETABLE GROUP

**3-5 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 1 cup of raw leafy vegetables  
 1/2 cup of cooked vegetables  
 3/4 cup of vegetable juice



## FRUIT GROUP

**2-4 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 1 medium piece of fresh fruit  
 1/2 cup of chopped, cooked, or canned fruit  
 3/4 cup of fruit juice



## BREAD, CEREAL, RICE AND PASTA GROUP

**6-11 SERVINGS PER DAY**  
**WHAT COUNTS AS A SERVING?**  
 1 slice of bread  
 1 ounce of ready-to-eat cereal  
 1/2 cup of cooked cereal  
 1 cup of rice or pasta

# Food Pyramid Study Guide

**Unesco**



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