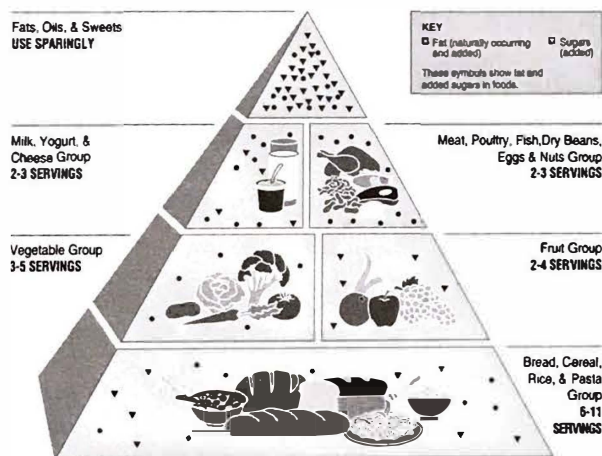


The foods you eat are responsible for your overall health. When properly balanced your food selections can provide the all the nutrients to support metabolism and prevent disease. There are a variety of visual tools, based on the Dietary Guidelines that can help you get started. You may be familiar with the **Food Guide Pyramid** which identifies the food groups in different size blocks with an indication of how many servings to have per day. The newer “**My Plate**” logo gives a visual for the relative quantity of each food group in a healthy meal. For both methods the goal is the same: strive for variety, balance and moderation.

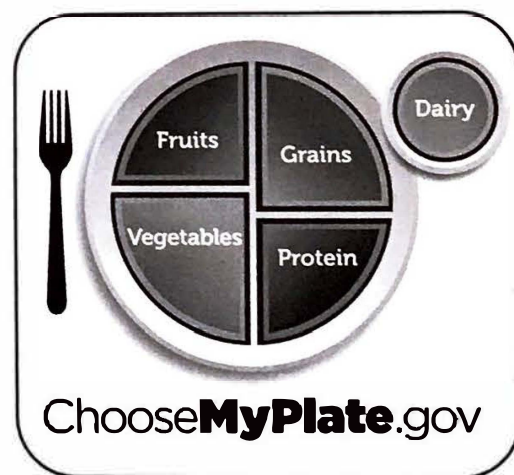
Variety: Choose a variety of foods within each food group to provide essential nutrients for energy, growth and overall health.

Balance: Eat food from all five major food groups. Each food group provides some, but not all, of the nutrients you need.

Moderation: Consume recommended portion sizes of food, and eat the appropriate number of servings from each food group. Your dietitian can help you determine the number of servings you need each day.



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services



Food Group	Serving Size	# of Servings 1,600 Calories (most women)	# of Servings 2,200 Calories (most men)
Bread, Cereal, Rice, Pasta Group	1 slice bread; 1 oz cereal; 1/2 cup rice or pasta	6	9
Vegetable Group	1 cup raw leafy or 1/2 cup other vegetables; 3/4 cup juice	3	4
Fruit Group	1 medium (4 oz) fresh fruit; 1/2 cup canned fruit; 3/4 cup juice	2	3
Milk Group	1 cup milk or yogurt; 1-1/2 oz natural cheese	2-3	2-3
Meat	2-3 oz cooked fish, lean meat or poultry; 1/2 cup cooked beans or 1 egg equals 1 oz lean meat	5 oz	6 oz