

The Food Guide Pyramid & Portion Sizes

Dairy & Nutrition Council of Indiana,
Inc.

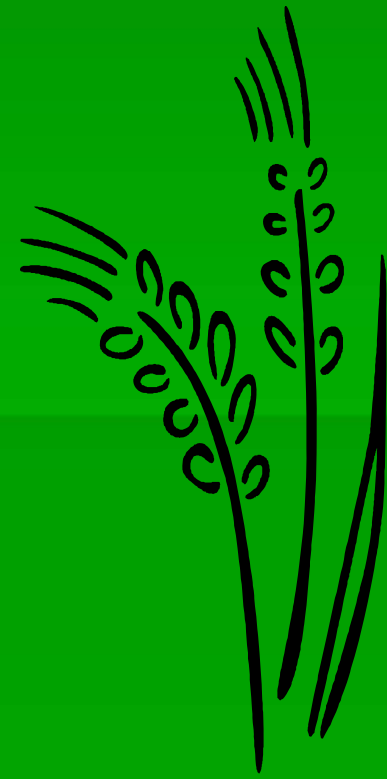
What is the new pyramid?

- Grains
- Vegetables
- Fruits
- Oils
- Milk
- Meat & Beans
- Physical Activity



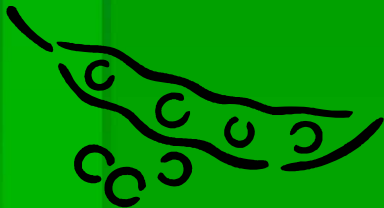
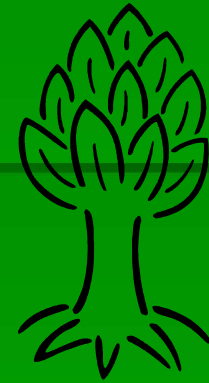
Grains

- Make at least half **WHOLE GRAINS**.
- Eat at least 3 ounces of whole grains each day.
- Read the label!

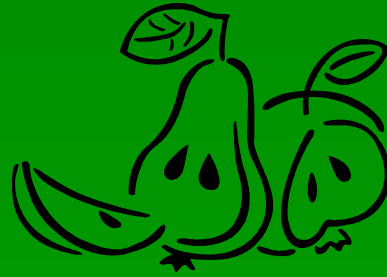


Vegetables

- Eat a variety.
- Dry beans and peas are good for you!
- Eat your colors!!!



Fruits



- Fresh, frozen, canned, or dried are all good choices.
- Limit fruit juice:
 - 100% juice
 - Only a few times per week



- Eat a variety!



Oils

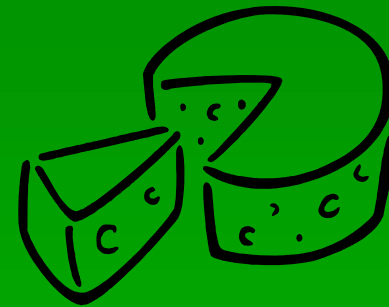
- Know your fats:
 - Saturated
 - Unsaturated
- Limit solid fats:
 - Butter
 - Shortening
 - Lard



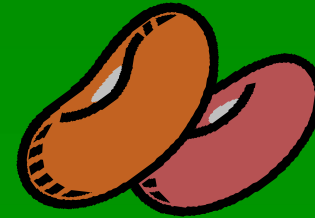
Milk



- Low-fat or fat-free.
- Lactose intolerance:
 - Lactose-free products
 - Yogurt
 - Other calcium sources



Meat & Beans



- Choose low-fat and lean proteins.
- Bake, broil, and grill:
 - Avoid frying or adding extra fat!
- Look into sources other than meat:
 - Fish
 - Beans
 - Nuts



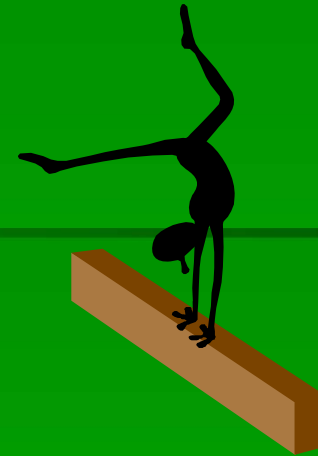
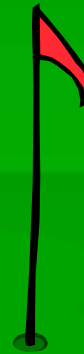
Physical Activity



- Be active at least 30 minutes most days of the week.

- Children and teens:

- 60 minutes of PA
- Every day!



Portion Sizes

- Portion Distortion

Quiz

Portion Sizes

- 1 serving fruit or veggies:
 - A baseball
- ½ cup cooked rice or pasta:
 - Rounded handful
- ½ cup ice cream:
 - A tennis ball
- 1 serving of cheese:
 - 6 dice



For more information:

- www.mypyramid.gov
- www.3aday.org
- www.nationaldairycouncil.org
- www.fruitsandveggiesmorematters.org

