# The Food Pyramid - Food Group Servings and Amounts

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings: 1 serving</th>
<th>Example Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>1 ounce</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1/2 cup</td>
<td>Veggies are the main source of Vitamin A</td>
</tr>
<tr>
<td>Fruits</td>
<td>1/2 cup</td>
<td>Fruits are the main source of Vitamin C</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>Milk provides calcium for strong bones and teeth</td>
</tr>
<tr>
<td>Meat and Beans</td>
<td>3 ounces</td>
<td>Choose lean or fat free meats and poultry</td>
</tr>
</tbody>
</table>

**Grains**
- Make 1/2 your grains whole grains.
- Look for the words "100% Whole grains"
- 1 ounce = 1 cup of cereal, 1 slice of bread, 1/2 cup of rice/pasta

**Vegetables**
- Veggies are the main source of Vitamin A
- Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.

**Fruits**
- Fruits are the main source of Vitamin C
- Eat a variety of fresh fruit.
- Fruit juice can have a lot of added sugar, so try to eat fresh fruits!
- When you do drink juice look for 100% fruit juice.

**Milk**
- Milk provides calcium for strong bones and teeth
- Go low-fat or fat-free when you choose milk, yogurt, or cheese.

**Meat and Beans**
- Choose lean or fat free meats and poultry
- Vary your protein choose more fish and beans,
  - 1 ounce = small handful of nuts, 1 Tbsp peanut butter, 1 egg, 1/2 cup of beans

**Limit Fats and Sugars**
- Limit foods with added fats and sugars, they only add calories but no other nutrients.
- Be physically active for at least 60 minutes every day, or most days.

Visit [www.ChefSolu.com](http://www.ChefSolu.com) for printable food groups worksheets for kids, nutrition education games, mypyramid puzzles, activities and more food pyramid chart fun!

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