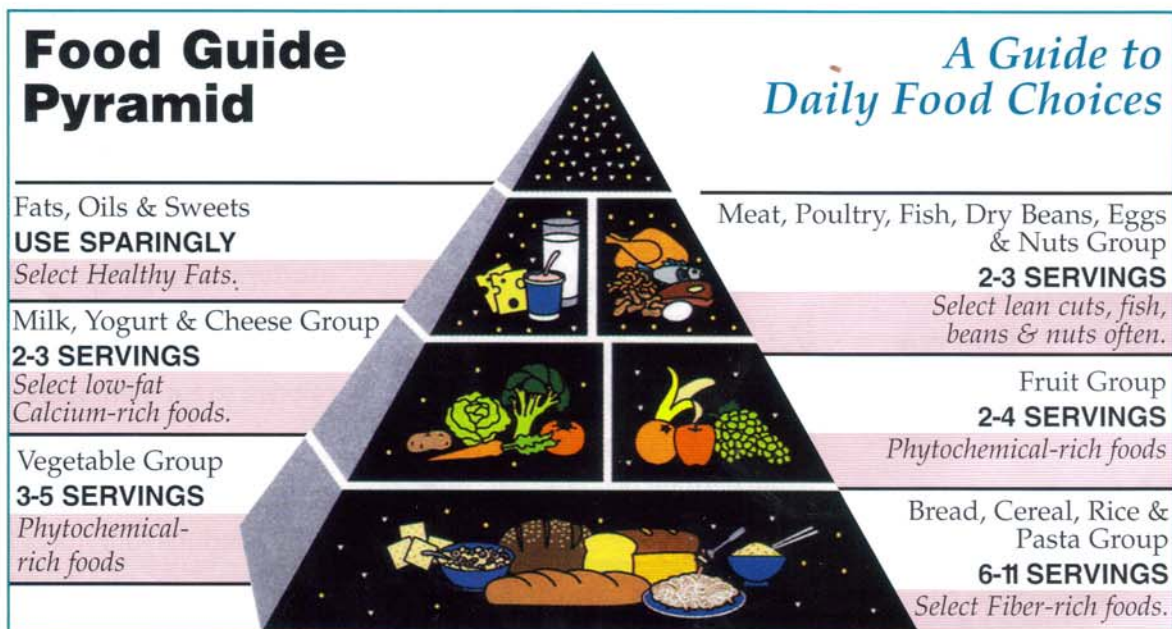


the power of the pyramid

The **Food Guide Pyramid** gives a visual punch to the Dietary Guidelines, providing a quick and easy approach to a healthy eating plan. The Pyramid outlines what to eat each day from the five food groups. The shape of pyramid illustrates how foods fit into your daily routine.

The foundation of your diet (the biggest part of the pyramid) is made up of bread, cereal, rice and pasta. Vegetables and fruits are important too. Add a couple of servings from the milk, yogurt and cheese group and from the meat, poultry, fish, dry beans, eggs and nuts group. Finally, go easy on fats and sweets (foods at the smallest part of the pyramid). There, now you know the basics to developing a healthy style of eating.



How Many Servings Are Right For You?

Notice the range of daily servings for each food group in the pyramid. The number of servings right for you depends on how many calories you need.

- ▶ 1,600 calories is about right for most sedentary women and some older adults
- ▶ 2,200 calories is about right for children (7 - 10 years), teen girls (11-18 years), active women and most sedentary men
- ▶ 2,800 calories is about right for teen boys (11 - 18 years) and most active men