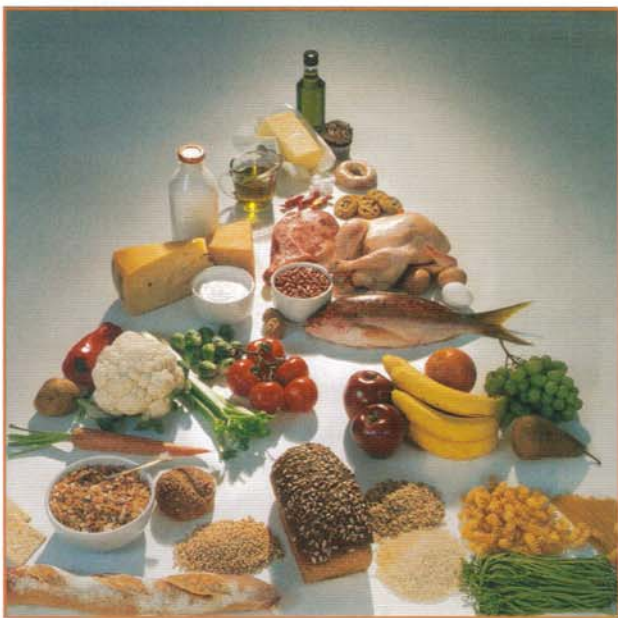


| Food Group          | 1,600 Calories | 2,200 Calories | 2,800 Calories |
|---------------------|----------------|----------------|----------------|
| Bread Group         | 6              | 9              | 11             |
| Vegetable Group     | 3              | 4              | 5              |
| Fruit Group         | 2              | 3              | 4              |
| Milk Group*         | 3              | 3-5            | 3-5            |
| Meat Group (ounces) | 5              | 6              | 7              |

*\*Recent guidelines seeking to reduce risk of osteoporosis suggest higher intakes: three servings for adults (men and women 25-50 years or menopausal) and postmenopausal women on estrogen; three to four servings for children (6-10 years); four servings for pregnant and lactating women; four to five servings for teens and young adults (11-24 years); and five servings for postmenopausal women not on estrogen, and all adults over the age of 65.*



## Primer on PORTION SIZES

Obviously, the amount of food we eat impacts our weight and overall health. Becoming familiar with actual serving sizes is important. To help you visualize healthy serving sizes of certain foods, compare it with something you recognize:

### Your fist:

About 1 cup or 1 medium whole fruit

### Your thumb tip:

About 1 tablespoon

### Your fingertip:

About 1 teaspoon

### Size of a woman's palm (minus the fingers) or a deck of playing cards:

About 3 ounces cooked meat, poultry or fish

### Your thumb:

About 1 ounce of cheese

### Your cupped hand:

About 1 to 2 ounces nuts or pretzels

## Getting In The Group

### Bread, Cereal, Rice & Pasta:

If you want to add a little pep to your step - you're in the right place. Bread, cereal, rice and pasta are great sources of energy boosting carbohydrates. Foods in this group form the foundation for healthful eating, providing fiber, B vitamins, and iron with little fat.

### What's a Serving?

- 1 slice (1 ounce) bread
- 1/2 cup cooked rice or pasta
- 1 ounce ready-to-eat cereal (usually 1 cup)
- 1/2 cup cooked cereal
- 1/2 hamburger bun, bagel or English muffin
- 3 - 4 plain crackers



### Choosing Smart:

- Add rice, pasta or barley to soups for an energy boost.
- Watch out for high fat toppings. Adding cream cheese to a bagel, butter to a dinner roll or a cream sauce to pasta adds a high fat and high calorie punch to an otherwise low fat, lower-calorie carbohydrate.