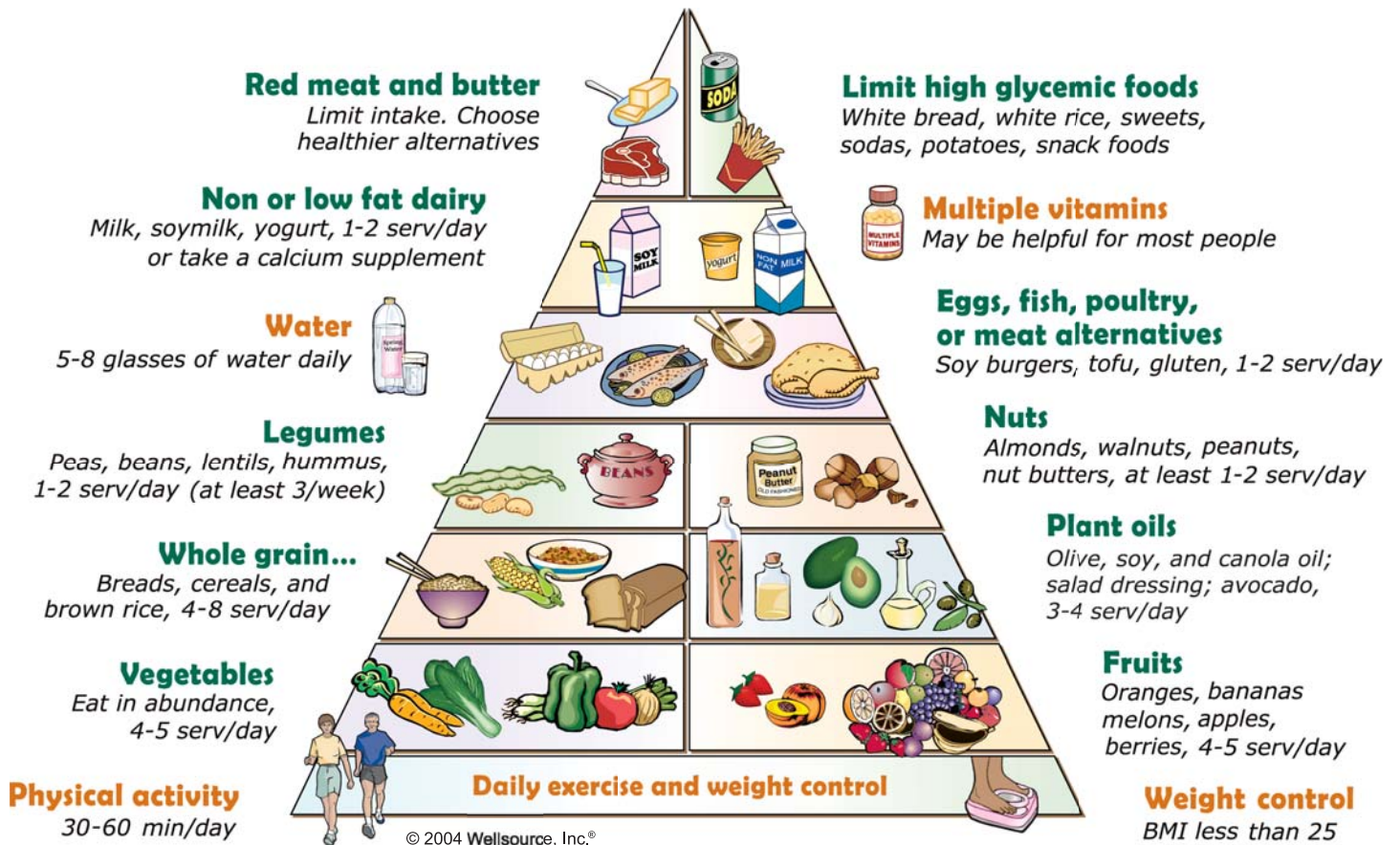


New Food Pyramid



The new food pyramid is designed to assure good nutrition and to help prevent disease. Notice the number of servings recommended daily. Adjust if needed to maintain a healthy weight.

Serving Sizes

Red meat— 2 oz. lean meat or 1 T butter. Limit intake if eaten at all. Choose healthier alternatives.

Dairy— 1 C milk or yogurt, 1 oz. low fat cheese, ½ C cottage cheese, 1 C soymilk (should be 8+ g protein/serving)

Legumes— ½ C cooked beans, peas, lentils, or garbanzos, ⅓ C hummus

Vegetables— 1 C lettuce or salad, 1 C fresh or ½ C cooked vegetables, 6 oz. vegetable juice

Whole grains— 1 slice bread, ½ to ⅔ C dry cereal, ½ C cooked cereal, pasta, brown rice

High glycemic foods— 1 slice bread or small bun; ½ C cooked white rice; 1 can soda pop; ½ C low-fat frozen yogurt; 2 T sugar, jam, or syrup; ½ C potatoes or 10 French fries

Eggs, fish, poultry, and plant proteins— 1 egg, 2 oz. fish or meat, 1 soy or Gardenburger®, ¼ block tofu, 1 gluten steak (6–8+ g protein/serv)

Nuts— 1 oz. nuts, 2 T peanut or almond butter, 2 T sunflower seeds

Fruit— 1 medium fruit (apple, banana, orange), ½ C canned fruit, 1 C fresh berries or melon, 6 oz. pure fruit juice

Plant oils— 1 tsp oil or trans-fat free margarine, 2 tsp salad dressing or mayo, 1 T low fat mayo or margarine, 8 medium olives, 2 T or ⅓ avocado

Other Nutrition and Health Guidelines

Physical activity— Aim for 30–60 minutes of moderate activity/day, such as brisk walking.

Water— Drink plenty of water, at least 5–8 glasses daily.

Salt— Use salt moderately. Limit sodium to 1500 mg/day; especially important if blood pressure is high.

Multiple vitamins— Most persons may benefit from a daily supplement. Calcium may also be helpful for non-dairy users.

Plant foods— Eating a variety of whole grains, fruits, and vegetables is the basis of healthy eating. (US Dietary Guidelines)

Weight— Maintain a healthy weight, BMI <25, Waist <33 women, <35 men