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SUGGESTED DAILY FOOD GUIDE

As a good practice you should eat a variety of foods from each of the food groups below.

Most people should have the minimum number of servings; while others may need more due to their overall body size, level of activity or workouts.

FOOD GROUP	SUGGESTED NUMBER OF SERVINGS	SUGGESTED SIZE OF SERVING
Vegetables (Include dark green, leafy, or deep yellow ones)	3 to 5	1 cup of raw, leafy greens or 1/2 cup of cooked vegetables
Fruits (Include citrus fruits or juices, melons, or berries)	2 to 4	1 medium fruit or 1/2 cup of diced or small fruit or 3/4 cup of juice
Breads, Cereals, Rice, and Pasta (Include whole grain varieties)	6 to 11	1 slice of bread, 1/2 bun or roll, 1/2 cup of cooked cereal, rice or pasta, 1 oz. of ready-to- eat cereal
Milk, Yogurt, and Cheese (Include skim or low fat varieties)	2 to 3	1 cup of milk or yogurt, 1-1/2 oz. of hard cheese
Meats, Poultry, Fish, Dry Beans or Peas, Eggs, Nuts (Use lean meats and remove skin from poultry)	2 to 3	2 or 3 oz. of cooked meat, fish, or poultry (TOTAL 6 oz/day) 2 eggs, or 1 cup of cooked beans or peas