



Lab A8-5 Putting the Food Guide Pyramid into Action

Choose a Target Number of Servings

Choose a target number of servings for each food group based on the approximate number of calories you consume each day: 1600 calories is about right for many sedentary women and some older adults; 2200 calories is about right for most children, teenage girls, active women, and many sedentary men; 2800 calories is about right for teenage boys, many active men, and some very active women.

Food group	Recommended Diets at Three Calorie Levels			Your Diet
	1600 calories	2200 calories	2800 calories	
Grain group	6 servings	9 servings	11 servings	_____ calories
Vegetable group	3 servings	4 servings	5 servings	_____ servings
Fruit group	2 servings	3 servings	4 servings	_____ servings
Dairy group*	2–3 servings	2–3 servings	2–3 servings	_____ servings
Meat group**	5 ounces	6 ounces	7 ounces	_____ ounces

*Women who are pregnant or lactating, teenagers, and young adults to age 24 need 3 servings.

**The Pyramid recommends 2–3 servings per day, the equivalent of 5–7 ounces of cooked lean meat, poultry, or fish.

Select Healthy Choices from Each Food Group

Look over the following lists of examples for each of the Pyramid food groups. These lists are broken into subgroups to emphasize foods that are particularly good sources of dietary fiber or of certain vitamins and minerals that are low in the diets of many Americans; food items with more fat and sugar are also identified. Hints for making healthy choices within each food group are provided.

For each food group, complete the following:

- Circle the items you eat most often. If a food you commonly eat doesn't appear on the list, add it to the appropriate group and subgroup and then circle it.
- Review the circled items, and analyze your current diet. Do your typical food choices conform to the recommendations in the hints section? Do you eat a variety of foods within each group?
- Based on your analysis of your current diet, and with the goal of eating a variety of healthy foods, choose 3–6 items in each food group either to try for the first time or to eat more often. Choose food items that conform to the advice in the hints section and that are available and affordable.

BREAD, CEREAL, RICE, PASTA

Whole-Grain		Enriched		Grain Products with More Fat and Sugar	
Brown rice	Pumpernickel bread	Bagels	Italian bread	Biscuit	Danish
Buckwheat groats	Ready-to-eat cereals	Cornmeal	Macaroni	Cake (unfrosted)	Doughnut
Bulgur	Rye bread and	Crackers	Noodles	Cookies	Muffin
Corn tortillas	crackers	English muffins	Pancakes and waffles	Cornbread	Pie crust
Graham crackers	Whole-wheat bread,	Farina	Pretzels	Croissant	Tortilla chips
Granola	rolls, crackers	French bread	Rice	_____	_____
Oatmeal	Whole-wheat pasta	Grits	Spaghetti	_____	_____
Popcorn	Whole-wheat cereals	Hamburger and	White bread and	_____	_____
Other: _____	_____	hot dog rolls	rolls	_____	_____
_____	_____	_____	_____	_____	_____

(over)

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Hints:

- Choose foods made from unprocessed, whole grains.
- Choose foods low in fat and sugars.
- Go easy on the fat and sugars you add as spreads, seasonings, or toppings.

Foods to try or emphasize:

VEGETABLES

Dark-Green Leafy			Deep Yellow	Starchy	
Beet greens	Dandelion greens	Romaine lettuce	Carrots	Breadfruit	Lima beans
Broccoli	Endive	Spinach	Pumpkin	Corn	Potato
Chard	Escarole	Turnip greens	Sweet potato	Green peas	Rutabaga
Chicory	Kale	Watercress	Winter squash	Hominy	Taro
Collard greens	Mustard greens	_____	_____	_____	_____

Dry Beans and Peas (Legumes)		Other Vegetables			
Black beans	Lima beans (mature)	Artichoke	Cauliflower	Green pepper	Snow peas
Black-eyed peas	Mung beans	Asparagus	Celery	Lettuce	Summer squash
Chickpeas (garbanzos)	Navy beans	Bean and alfalfa sprouts	Chinese cabbage	Mushrooms	Tomatoes
Kidney beans	Pinto beans	Beets	Cucumber	Okra	Turnips
Lentils	Split peas	Brussel sprouts	Eggplant	Onions (mature and green)	Vegetable juices
_____	_____	Cabbage	Green beans	Radishes	Zucchini
_____	_____	_____	_____	_____	_____

Hints:

- For variety, eat dark-green leafy vegetables, deep-yellow vegetables, starchy vegetables, legumes, and other types of vegetables. Dark-green leafy vegetables, deep-yellow vegetables, and legumes are particularly high in nutrients and fiber.
- Limit the fat you add to vegetables during cooking and at the table (as spreads and toppings).
- Legumes can be counted as servings of vegetables or as alternatives to meat.

Foods to try or emphasize:

FRUITS

Citrus, Melons, Berries			Other Fruits		
Blueberries	Honeydew melon	Strawberries	Apple	Guava	Pineapple
Cantaloupe	Kiwifruit	Tangerines	Apricot	Grapes	Plantain
Citrus juices	Lemons	Ugli fruit	Asian pear	Mango	Plum
Cranberries	Oranges	Watermelon	Banana	Nectarine	Prickly pear
Grapefruit	Raspberries	_____	Cherries	Papaya	Prunes
_____	_____	_____	Dates	Passion fruit	Raisins
_____	_____	_____	Figs	Peach	Rhubarb
_____	_____	_____	Fruit juices	Pear	Star fruit
_____	_____	_____	_____	_____	_____

(over)

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Hints:

- Citrus fruits, melons, and berries are particularly good choices.
- Choose whole fruits more often than juices; choose fruit juices over fruit punches, ades, and drinks.
- For canned fruits, choose those packed in fruit juice rather than in syrup.

Foods to try or emphasize:

MEAT, POULTRY, FISH, AND ALTERNATIVES

Meat, Poultry, and Fish				Alternates	
Beef	Ham	Pork	Veal	Eggs	Peanut butter
Chicken	Lamb	Shellfish	Luncheon meats, sausage	Dry beans and peas (legumes)	Tofu
Fish	Organ meats	Turkey		Nuts and seeds	
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Hints:

- To limit your intake of fat and saturated fat, choose lean cuts of meat and skinless poultry. Trim away all the fat you can see. Watch serving sizes carefully.
- Choose at least one serving of plant proteins (legumes, nuts, seeds) per day, but choose moderate serving sizes of nuts and seeds, which are high in fat.

Foods to try or emphasize:

MILK, YOGURT, AND CHEESE

Low-Fat Milk Products		Other Milk Products with More Fat or Sugar			
Buttermilk	Low-fat or nonfat plain yogurt	Cheddar cheese	Frozen yogurt	Ice milk	Swiss cheese
Low-fat cottage cheese	Skim milk	Chocolate milk	Fruit yogurt	Process cheeses and spreads	Whole milk
Low-fat milk (1% and 2% fat)	_____	Flavored yogurt	Ice cream	Puddings made with milk	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Hints:

- Choose low-fat or nonfat items to limit your overall fat intake. Limit serving sizes of high-fat choices.
- Cottage cheese is lower in calcium than most cheeses.

Foods to try or emphasize:

LAB A8-5 (continued)

FATS, SWEETS, AND ALCOHOLIC BEVERAGES

Fats		Sweets			Alcoholic Beverages
Bacon, salt pork	Mayonnaise	Candy	Jam	Popsicles and ices	Beer
Butter	Mayonnaise-type salad dressing	Corn syrup	Jelly	Sherbets	Liquor
Cream (dairy, nondairy)	Salad dressing	Frosting (icing)	Maple syrup	Soft drinks and colas	Wine
Lard	Sour cream	Fruit drinks	Marmalade		
Margarine	Vegetable oil	Honey	Table syrup	Sugar (white and brown)	

Hints:

- Foods from this group provide calories but few nutrients; they should not replace foods from the other groups. If your intake of foods from this group is high, consider developing a behavior change strategy to substitute healthier food choices from other groups.
- Limit your intake of reduced-fat versions of foods—they are often very high in both added sugar and calories.
- When choosing among different types of fats, favor unsaturated fats (vegetable and fish oils) over saturated and trans fats (animal fats, palm and coconut oils, hydrogenated fats).