Table of Contents

Anatomy of MyPyramid ........................................... 4
Questions and Answers ........................................... 5
MyPyramid for Adults ............................................. 9
MyPyramid for Youths ........................................... 11
MyPyramid for Kids ............................................. 13
MyPyramid for Pregnancy ....................................... 15
Food Groups in Focus ........................................... 17
Mixed Dishes ...................................................... 27

Purpose of this packet:

This packet provides you with basic information about MyPyramid, which was released on April 19, 2005. We intentionally kept this packet brief. More detailed information can be found online at MyPyramid.gov.

Ellen Schuster, M.S., R.D.
Barbara Willenberg, M.S.
Associate State Nutrition Specialists
University of Missouri Extension
Family Nutrition Education Programs

Revised August 2006

Materials on pages 5-26 have been adapted from MyPyramid.gov.
MyPyramid.gov

Steps to a Healthier You

Day by day, you can take small steps to improve your diet and lifestyle each day.

Variety
These foods can fit into your diet. The more colors you eat, the more of these foods you should include. Remember to choose from each group. The width of each group represents how much food a person should eat from that group. The widths of the food group bands reflect the proportions of the different food groups in your diet.

Moderation
of the importance of daily physical activity.

Activity

Proportional

Right for you
Check the width for how much is right for you. The Web site for how much is right for you.

Personalization

These foods are included to be simple. If they have been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Anatomy of MyPyramid

Milk
Fruits
Vegetables
Grains
Meat
Beans
Questions and Answers

**What is MyPyramid?**

MyPyramid replaces the old Food Guide Pyramid. MyPyramid is a consumer-friendly guide to help all healthy people over 2 years of age make healthful food choices. It is meant to be flexible and easy to use.

**What is MyPyramid based on?**

MyPyramid is based on the *Dietary Guidelines for Americans 2005* and represents the most current scientific information about diet and physical activity. The Dietary Guidelines answer the questions: What should Americans eat, how should we prepare our food to keep it safe and wholesome, and how should we be active to be healthy? The guidelines are designed to help Americans choose diets that will meet nutrient requirements, promote health, support active lives and reduce the risks of chronic disease. The Dietary Guidelines are the foundation of MyPyramid.

**Is MyPyramid a diet?**

No. It is not a prescribed diet but a suggested pattern of eating that will promote good health and help prevent the chance of developing a chronic disease later in life.

**Why do the federal government’s recommendations about good nutrition change?**

Every five years the government convenes a group of experts to review what is known about health and nutrition. New information about what constitutes a healthy lifestyle may influence recommendations. Like improvements in technology that result in better cell phones or compact disc players, MyPyramid is the best current advice we can give people about how to choose healthful foods and be more active.

**What does the MyPyramid symbol represent?**

The MyPyramid symbol represents two key aspects of good health – healthful eating and physical activity. Each of the colors in the pyramid represents one of the five food groups from which to choose for good health:

- **Orange** for grains
- **Green** for vegetables
- **Red** for fruits
- **Blue** for milk
- **Purple** for meat and beans

Between the red and blue sections is a yellow band that represents oils – not a food group but a reminder that some oils are important for good health.

The person climbing the steps on the MyPyramid graphic represents physical activity. It is important to be active most or all days of the week.

**What key messages does MyPyramid convey?**

There are several key points that the symbol is meant to show:

- **Gradual improvement** – The MyPyramid slogan, Steps to a Healthier You*, reinforces that it takes small steps to improve your diet and lifestyle.
- **Variety** – No one food can give us good health. Foods from all of the different colors are needed every day.
- **Moderation** – Each band of color is wider at the bottom of the pyramid and narrower at the top. The wider base is where foods with little or no solid fats, added sugars or caloric sweeteners are found. Examples of these foods are whole wheat bread, fresh fruit and low-fat milk. These foods contain the most nutrients for the amount of calories they contain. Foods at the top, where the band narrows, contain fewer nutrients for their

---

* Steps to a Healthier You is part of another initiative called HealthierUS, which was designed to promote healthful eating, physical activity, preventive screenings and avoiding risky behaviors like smoking. For more information visit [heathierus.gov](http://heathierus.gov).
calories because they are higher in fat and sugar (for example, cookies and french fries). Most Americans need to moderate their diets by eating foods from the top of the pyramid less often.

**Proportionality** – Each color band is a different width. The orange band (the grain group) is widest, meaning that we should choose more foods from the grain group than from the other food groups. Remember that the widths are a general guide, not exact proportions.

From the *MyPyramid.gov* Web site, click on “Anatomy of MyPyramid” for more information about these messages. Or see the Anatomy of MyPyramid graphic on page 4.

**What is new about MyPyramid?**

In addition to the new symbol, there is new information for you:

- The importance of physical activity is reinforced by the figure climbing the stairs.
- Whole grains now have a specific recommendation – make half your grains whole.
- There are more specific vegetable recommendations. More dark green and orange vegetables are encouraged. For the first time, there is a recommended amount of legumes, such as beans, peas and lentils, and other vegetables to eat in a week.
- Fruit is good for you, but go easy on fruit juice. Juice contains more sugar and calories and less fiber than whole fruit.
- Information about discretionary calories or “extras” like solid fat, added sugar and alcohol is provided.
- The tip of the pyramid (fats, oils and sweets) is gone. Instead, one of the color bands in MyPyramid is yellow, reminding people that some oils are important for good health. A person’s allowance for these oils is based on age, sex and activity level. Most people get enough oil in the foods they eat.

**Why are servings not used on MyPyramid?**

Based on research conducted by USDA, consumers prefer household servings like cups for the milk, fruit and vegetable groups. Ounces are used for grains and meat and beans. See pages 13 to 22 for specific recommended amounts of food for each food group.

**Is the calcium recommendation enough for some age groups?**

The number of cups of milk and calcium-rich foods recommended in MyPyramid is based on the recent Daily Reference Intakes (DRIs) from the Institute of Medicine (see [www.iom.edu/Object.File/Master/21/372/0.pdf](www.iom.edu/Object.File/Master/21/372/0.pdf)), which were released in the late 1990s. Remember that we get calcium from other foods – about 300 milligrams a day, or the same amount of calcium in 1 cup of milk – when we eat a mixed diet of foods from food groups other than the milk group.

**What pyramid messages have not changed?**

The recommendations regarding food safety and alcohol have not changed.

**Why were changes made to the old Food Guide Pyramid?**

The latest research about the American diet indicates it is not balanced. Most Americans don’t get enough dark green and orange vegetables and legumes, fruits, whole grains and low-fat milk products. Too many Americans eat more fats and added sugars than is healthy. MyPyramid addresses these shortfalls. Poor diet and not enough physical activity are linked to diseases like diabetes, osteoporosis, high blood pressure and some cancers. MyPyramid was updated to reflect the most current scientific research contained in the *Dietary Guidelines for Americans 2005*, released in January 2005.
Why is there no recommendation for the amount of water to drink daily?

There is currently no Daily Reference Intake (DRI) for water. Thirst and normal consumption of drinks, especially with meals, is enough to provide the water our bodies need.

What MyPyramid materials are available on the Web?

At MyPyramid.gov you will find interactive Web activities that will help consumers get personalized daily eating plans.

· Click on “Tour MyPyramid” to view a short (about two minutes) video stream about the new pyramid.

· Click on “Mini-Poster” to download a two-page color MyPyramid handout.

Note: We have made some revisions to the mini-poster. Go to page 9 to see the adult mini-poster. You will see that we have added more calorie levels than the USDA version. Go to page 11 to see the youth mini-poster. You will see that we have made some of the MyPyramid mini-messages “child friendly” and added tips for each food group. Use these messages until USDA releases its child-friendly materials for ages 6-11 in fall 2005.

· Click on “Inside The Pyramid” to get in-depth information about each food group, including daily amounts in household measures like cups and ounces along with examples and tips.

· Click on “Tips & Resources” for tips and resources and a worksheet to track what you are eating.

· Click on “My Pyramid Tracker” to get more detailed information on the quality of your diet and physical activity by comparing your daily food intake with current recommendations. Messages tailored to your needs are provided.

· Click on “My Pyramid Plan” to get a quick estimate of what and how much food you should eat from different food groups by entering age, gender and activity level.

· Click on “For Professionals” to get a Food Tracking work sheet to help you plan what you will eat and how much activity you will get each day. You can use this work sheet to set new goals for good health.

· From the “Tips & Resources” section, click on “Physical Activity” for more information about being active.

Can I use MyPyramid if I am a vegetarian?

Yes. From MyPyramid.gov, click on “Inside The Pyramid” and click on the purple color band (meats and beans) to learn more about this group. Click on “Vegetarian Choices” for tips and ideas about vegetarian diets.

Assigning food to food groups

Where do candy bars, pop and other sweets go?

These foods are considered discretionary calories. Other examples of discretionary calories are foods that are higher in fat or sugar than their low-fat or low-sugar counterparts. For example, whole milk would be considered a food with discretionary calories. Choosing low-fat milk would provide you the essential nutrients you need with minimum calories. Choosing whole milk also provides you essential nutrients, but with more calories from the fat it contains.

How do you count mixed or combination foods, such as pizza?

Many foods don't fit into one food group. Pizza contains ingredients from the grains group (crust), vegetable group (tomato sauce) and milk group (cheese topping). Page 23 shows how to estimate the amounts of food from each food group for a mixed dish.
Why do legumes count in two groups—vegetables and meat and beans?

Vegetables are put into five subgroups based on their nutrient content. One of these subgroups is dried beans, beans and legumes. Choosing vegetables from this group will increase the amount of fiber in your diet. You may also choose to eat dry beans and peas and count them as foods from the meat and beans group to get the protein you need. However, if you count legumes towards your meat and beans group needs, do not count them again as dry beans and peas for your vegetable group needs.

Resources

For more information about the 2005 Dietary Guidelines and to download the consumer brochure, “Finding Your Way to a Healthier You,” visit healthierus.gov.


For articles and quick answers about MyPyramid, visit MissouriFamilies.org.

To search for publications about nutrition and physical activity, go to the Missouri Extension publications library at muextension.missouri.edu/explore/.

To find a brief overview of MyPyramid, go to the Missouri Extension Family Nutrition Education Programs Web site at extension.missouri.edu/fnep/pubs.htm.

References


Know the limits on fats, sugars and salt.

- A moderate amount of fat from fish, nuts and vegetable oil.
- Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food and drinks low in added sugars. They contribute calories with few, if any, nutrients.

Find your balance between food and physical activity.

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- To sustain weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Use MyPyramid values and serve equivalents.

- Check the Nutrition Facts label and serve equivalents.
- Choose a variety of fruits and vegetables.
- Choose wholegrain bread, cereal, rice and pasta.
- Choose low-fat or fat-free milk and dairy choices.
- Choose whole grain foods and make half your grains whole.
- Choose lean meats and beans.
- Go lean with protein.

MyPyramid 101

Calorie level

Grains

- Choose whole grain foods and make half your grains whole.
- Choose lean meats and beans.
- Go lean with protein.

Vegetables

- Eat more vegetables.
- Vary your veggies.
- Eat more dark green veggies like broccoli, spinach, kale, collard greens and leafy green salads.
- Eat more orange vegetables, like sweet potatoes and carrots.
- Eat more dry beans and peas like pinto beans, kidney beans and chickpeas.
- Choose low-fat or fat-free milk and dairy choices.
- Choose low-fat or lean meats and poultry.
- Bake, broil or grill it.
- Vary your protein routine—choose more fish, beans, peas, nuts and seeds.

Meat & Beans

- Choose lean meats and beans.
- Go lean with protein.
- Bake, broil or grill it.
- Vary your protein routine—choose more fish, beans, peas, nuts and seeds.

Milk

- Choose low-fat or fat-free milk and dairy choices.
- Choose low-fat or lean meats and poultry.
- Bake, broil or grill it.
- Vary your protein routine—choose more fish, beans, peas, nuts and seeds.

Fruits

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Choose no sugar added fruit.
- Include low-fat frozen or canned fruit.

Know the limits on fats, sugars and salt.

- Choose whole grain foods and make half your grains whole.
- Choose lean meats and beans.
- Go lean with protein.

This material was funded in part by USDA’s Food Stamp Program. Adapted from USDA publication CNPP-15.
Grains
Make half your grains whole

Vegetables
Vary your veggies

Fruits
Focus on fruits

Milk
Get your calcium-rich foods

Meat & Beans
Go lean with protein

Choose foods and portion sizes low in added sugars and oils.

Limit solid fats as well as foods that contain them.

Get your fruits and veggies from the Nutrition Facts label.

Fats and sugars – Know your limits

Grains

Meat & Beans

Fruits

Milk

Vegetables

Oils: Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil.

Oils:

- Choose foods and portion sizes low in added sugars and other fats and sweets.
- Limit solid fats as well as foods that contain them.
- Get your fruits and veggies from the Nutrition Facts label.
- Fats and sugars – Know your limits.

Vegetables

- Vary your veggies

Fruits

- Focus on fruits

Milk

- Get your calcium-rich foods

Meat & Beans

- Go lean with protein

Grains

- Make half your grains whole

Find your balance between food and fun:

- Wall: dance, bike, rollerblade – it all counts. How most days.
- Move more. Aim for at least 60 minutes every day or

Grains:

- Wheat bread.
- Have a lunch salad.
- Yogurt.
- Sprinkle nuts on frozen take the skin off chicken.
- Snack on soy nuts.
- Meat and chicken.
- As for fried or grilled.
- Grilled vegetables.
- Sprinkle peanuts over stir-fried red kidney beans. Go lean with protein.

Milk:

- Get your calcium-rich foods.

Vegetables:

- Vary your veggies.

Fruits:

- Focus on fruits.

Meat & Beans:

- Go lean with protein.

Whole Grains:

- Have popcorn for a snack.
- Make a peanut butter sandwich on whole-wheat bread.
- Try oatmeal for breakfast.
- Snack on toasted oat cereal.
- Have brown rice instead of white.
- Dip baked tortilla chips in salsa for a quick snack.
- Order a vegetable pizza.
- Make black bean dip.
- Bake a sweet potato in the microwave oven.
- Order a veggie pizza.
- Sprinkle raisins on breakfast cereal.
- Have a frozen 100 percent juice bar for dessert.
- Carry an orange or apple in your backpack for a snack.
- Snack on canned mandarin oranges.
- Have a fruit salad for lunch.
- Make a smoothie by blending low-fat yogurt and frozen strawberries.
- Top a baked potato with low-fat cheese.
- Dip fruit in flavored yogurt.
- Drink orange juice with added calcium.
- Try soy milk or soya bean milk.
- Drink orange juice with low-fat cheese.
- Eat a baked potato with non-fat cheese.
- Baked tortilla chips.
- Grilled vegetables.
- Sprinkle nuts on frozen yogurt.
- Have a tuna salad sandwich on whole-wheat bread.
- Sprinkle bell pepper strips in black bean dip. Make a peanut butter sandwich on whole-wheat bread.
- Brown rice instead of white.
- Snack on toasted oat cereal.
- Try almond for breakfast:
- Spaghetti squash. Make a salad made with green pepper strips in black bean dip.
- Dip bell pepper strips in low-fat dressing.
- Dip baked tortilla chips in salsa for a quick snack.
- Order a veggie pizza.
- Sprinkle red kidney beans over stir-fried red kidney beans. Go lean with protein.
- Get your calcium-rich foods.

Meat & Beans:

- Go lean with protein.

Whole Grains:

- Have popcorn for a snack.
- Make a peanut butter sandwich on whole-wheat bread.
- Try oatmeal for breakfast.
- Snack on toasted oat cereal.
- Have brown rice instead of white.
- Dip baked tortilla chips in salsa for a quick snack.
- Order a vegetable pizza.
- Make black bean dip.
- Bake a sweet potato in the microwave oven.
- Order a veggie pizza.
- Sprinkle raisins on breakfast cereal.
- Have a frozen 100 percent juice bar for dessert.
- Carry an orange or apple in your backpack for a snack.
- Snack on canned mandarin oranges.
- Have a fruit salad for lunch.
- Make a smoothie by blending low-fat yogurt and frozen strawberries.
- Top a baked potato with low-fat cheese.
- Dip fruit in flavored yogurt.
- Drink orange juice with added calcium.
- Try soy milk or soya bean milk.
- Drink orange juice with low-fat cheese.
- Eat a baked potato with non-fat cheese.
- Baked tortilla chips.
- Grilled vegetables.
- Sprinkle nuts on frozen yogurt.
- Have a tuna salad sandwich on whole-wheat bread.
- Sprinkle bell pepper strips in black bean dip. Make a peanut butter sandwich on whole-wheat bread.
- Brown rice instead of white.
- Snack on toasted oat cereal.
- Try almond for breakfast:
- Spaghetti squash. Make a salad made with green pepper strips in black bean dip.
- Dip bell pepper strips in low-fat dressing.
- Dip baked tortilla chips in salsa for a quick snack.
- Order a veggie pizza.
- Sprinkle red kidney beans over stir-fried red kidney beans. Go lean with protein.
- Get your calcium-rich foods.

Grains:

- Wheat bread.
- Have a lunch salad.
- Yogurt.
- Sprinkle nuts on frozen take the skin off chicken.
- Snack on soy nuts.
- Meat and chicken.
- As for fried or grilled.
- Grilled vegetables.
- Sprinkle peanuts over stir-fried red kidney beans. Go lean with protein.

Milk:

- Get your calcium-rich foods.

Vegetables:

- Vary your veggies.

Fruits:

- Focus on fruits.

Meat & Beans:

- Go lean with protein.

Whole Grains:

- Have popcorn for a snack.
- Make a peanut butter sandwich on whole-wheat bread.
- Try oatmeal for breakfast.
- Snack on toasted oat cereal.
- Have brown rice instead of white.
- Dip baked tortilla chips in salsa for a quick snack.
- Order a vegetable pizza.
- Make black bean dip.
- Bake a sweet potato in the microwave oven.
- Order a veggie pizza.
- Sprinkle raisins on breakfast cereal.
- Have a frozen 100 percent juice bar for dessert.
- Carry an orange or apple in your backpack for a snack.
- Snack on canned mandarin oranges.
- Have a fruit salad for lunch.
- Make a smoothie by blending low-fat yogurt and frozen strawberries.
- Top a baked potato with low-fat cheese.
- Dip fruit in flavored yogurt.
- Drink orange juice with added calcium.
- Try soy milk or soya bean milk.
- Drink orange juice with low-fat cheese.
- Eat a baked potato with non-fat cheese.
- Baked tortilla chips.
- Grilled vegetables.
- Sprinkle nuts on frozen yogurt.
- Have a tuna salad sandwich on whole-wheat bread.
- Sprinkle bell pepper strips in black bean dip. Make a peanut butter sandwich on whole-wheat bread.
- Brown rice instead of white.
- Snack on toasted oat cereal.
- Try almond for breakfast:
- Spaghetti squash. Make a salad made with green pepper strips in black bean dip.
- Dip bell pepper strips in low-fat dressing.
- Dip baked tortilla chips in salsa for a quick snack.
- Order a veggie pizza.
- Sprinkle red kidney beans over stir-fried red kidney beans. Go lean with protein.
- Get your calcium-rich foods.
This material was funded by USDA’s Food Stamp Program. Adapted from USDA MyPyramid for Kids.

- **Find your balance between food and fun**
- **Eat a variety of vegetables**
  - How good is it? Foolproof! Rollelder – it’s all counts.
  - Move more. Aim for at least 60 minutes every day.
- **Fats and sugars – know your limits**
  - How good is it? Healthier rollelder – it’s all counts.
  - Choose foods and beverages low in added sugars and other calories.
- **Smart snackers**
  - Get your healthy fats and sugars from the nutrition facts label.
  - Limit solid fats as well as foods that contain them.
- **Meat & beans**
  - Get them. Our bodies need them. Protein is found in fruits and vegetables, and lean meats like chicken, fish, and eggs.
  - Choose lean, or lower meat.
- **Whole grains**
  - Make half your grains’ whole.
  - Choose whole grains like oats, whole wheat, brown rice, and whole maize.
  - Look for whole-grain breads, and lean meats like chicken, fish, and eggs.
- **Drinks**
  - Get your calcium-rich foods.
  - Or let rice, coffee, or tea. Don’t forget to drink enough water.
  - Look for the calcium or vitamin content.
  - Pick your calcium in calcium-rich foods like milk and cheese.
- **Fruits**
  - Focus on fruits.
  - Get half your vegetables.
  - Vegetables are nutrient-rich. Sweet and delicious. Fruits are nature’s teats – more to the milk group in...
Physical activity

- If you have no medical complications, get 30 minutes or more of moderate-intensity physical activity, like brisk walking or dancing, every day or most days.
- Avoid activities that have a high risk of falling or abdominal injury.

Know the limits on fats, sugars and salt

- Get most of your fat from fish, nuts and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard, and foods that contain solid fats.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.
- Choose foods low in salt (sodium). Cut back on salt added at the table and during cooking.

MyPyramid 101

**Grains**

Make half your grains whole

**Vegetables**

Vary your veggies

**Fruits**

Focus on fruits

**Milk**

Get your calcium-rich foods

**Meat & Beans**

Go lean with protein

**What counts as an ounce?**

- 1 slice bread
- 1 cup ready-to-eat cereal
- ½ cup cooked rice, cooked pasta or cooked cereal
- ½ mini bagel
- 1 slice regular bread
- 5 whole wheat crackers

**What counts as a cup?**

- 1 cup raw or cooked vegetables
- 1 cup vegetable juice
- 2 cups raw leafy greens
- 1 large (green, red or yellow) pepper
- 1 large baked sweet potato
- 1 large raw tomato
- 1 spear broccoli
- 1 cup cooked pinto beans
- 1 cup cooked collard greens

**What counts as a cup?**

- 1 cup 100% fruit juice
- ½ cup dried fruit
- 1 medium apple
- 1 medium grapefruit
- 1 large peach
- ½ cup raisins
- 1 large banana
- 1 large orange
- 1 small watermelon wedge

**What counts as a cup?**

- 1 half-pint (-ounce) carton milk
- 1 (-ounce) container yogurt
- 1½ cups ice cream
- 1 small apple or ½ large apple
- 1 seedless grape
- 1 medium strawberry
- 1 (6-inch) tortilla
- 1 packet instant oatmeal
- 1 English muffin

**What counts as an ounce?**

- 1 ounce meat, poultry or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds

**What counts as a cup?**

- 1 cup cooked cereal
- 1 large orange
- 1 cup cooked fruit
- 2 cups broccoli
- 3 cups Brussels sprouts
- 1 cup lima beans
- 1 cup corn
- 1 cup navy beans
- 1 carrot
- 1 cup broccoli

**What counts as a cup?**

- 1 cup cooked rice
- 2 cups ready-to-eat cereal
- 1 cup ready-to-eat uncooked pasta
- 1 cup raw or cooked pasta
- 1 cup raw or cooked rice
- 1 cup raw or cooked corn
- 1 cup raw or cooked peas
- 1 cup cooked pasta

**Breads**

Whole grain, whole wheat, 100% whole grain

**Cereals**

Whole grain, whole wheat, 100% whole grain
**Food Groups in Focus**

**Grain Group**

Make half your grains whole

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Daily Amount*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(ounce equivalents)</td>
</tr>
<tr>
<td></td>
<td>Grains</td>
</tr>
<tr>
<td>2 to 3 years</td>
<td>3</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>4 to 5</td>
</tr>
<tr>
<td>9 to 13 years</td>
<td>Female: 5</td>
</tr>
<tr>
<td></td>
<td>Male: 6</td>
</tr>
<tr>
<td>14 to 18 years</td>
<td>Female: 6</td>
</tr>
<tr>
<td></td>
<td>Male: 7</td>
</tr>
<tr>
<td>19 to 30 years</td>
<td>Female: 6</td>
</tr>
<tr>
<td></td>
<td>Male: 8</td>
</tr>
<tr>
<td>31 to 50 years</td>
<td>Female: 6</td>
</tr>
<tr>
<td></td>
<td>Male: 7</td>
</tr>
<tr>
<td>51+ years</td>
<td>Female: 5</td>
</tr>
<tr>
<td></td>
<td>Male: 6</td>
</tr>
</tbody>
</table>

* These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.
In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta or cooked cereal can be considered 1 ounce equivalent (oz. eq.) from the grains group.

<table>
<thead>
<tr>
<th>Food</th>
<th>What counts as an ounce equivalent?</th>
<th>Common portions and ounce equivalents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagels</td>
<td>• 1 mini-bagel</td>
<td>• 1 large bagel = 4 ounce equivalents</td>
</tr>
<tr>
<td>Biscuits (baking powder, buttermilk)</td>
<td>• 1 small (2-inch diameter) biscuit</td>
<td>• 1 large (3-inch diameter) biscuit = 2 ounce equivalents</td>
</tr>
<tr>
<td>Breads</td>
<td>• 1 regular slice bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 small slice French bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 4 snack-size slices rye bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 2 regular slices = 2 ounce equivalents</td>
<td></td>
</tr>
<tr>
<td>Bulgur (cracked wheat)</td>
<td>• ½ cup cooked bulgur wheat</td>
<td></td>
</tr>
<tr>
<td>Cornbread</td>
<td>• 1 small (2½- x 1¼- x 1¾-inch) piece cornbread</td>
<td>• 1 medium (2½- x 2½- x 1¾-inch) piece cornbread = 2 ounce equivalents</td>
</tr>
<tr>
<td>Crackers</td>
<td>• 5 whole wheat crackers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 2 rye crispbreads</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 7 square or round crackers</td>
<td></td>
</tr>
<tr>
<td>English muffins</td>
<td>• ½ muffin</td>
<td>• 1 muffin = 2 ounce equivalents</td>
</tr>
<tr>
<td>Muffins</td>
<td>• 1 small (2½-inch diameter) muffin</td>
<td>• 1 large (3½-inch diameter) muffin = 3 ounce equivalents</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>• ½ cup cooked oats</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 packet instant oatmeal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 ounce dry regular or quick oats</td>
<td></td>
</tr>
<tr>
<td>Pancakes</td>
<td>• 1 (4½-inch) pancake</td>
<td>• 3 (4½-inch) pancakes = 3 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td>• 2 small (3-inch) pancakes</td>
<td></td>
</tr>
<tr>
<td>Popcorn</td>
<td>• 3 cups popped popcorn</td>
<td>• 1 bag microwave popcorn, popped = 4 ounce equivalents</td>
</tr>
<tr>
<td>Ready-to-eat breakfast cereal</td>
<td>• 1 cup flakes or rounds</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 cup puffed cereal</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td>• ½ cup cooked rice</td>
<td>• 1 cup cooked rice = 2 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td>• 1 ounce dry rice</td>
<td></td>
</tr>
<tr>
<td>Pasta (spaghetti, macaroni, noodles)</td>
<td>• 1 ounce dry pasta</td>
<td>• 1 cup cooked pasta = 2 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td>• ½ cup cooked pasta</td>
<td></td>
</tr>
<tr>
<td>Tortillas</td>
<td>• 1 small (6-inch) flour tortilla</td>
<td>• 1 large (12-inch) tortilla = 4 ounce equivalents</td>
</tr>
<tr>
<td></td>
<td>• 1 (6-inch) corn tortilla</td>
<td></td>
</tr>
</tbody>
</table>
## Food Groups in Focus

### Vegetable Group

Vary your veggies

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Daily Amount* (cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 to 3 years</td>
<td>1</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>1½</td>
</tr>
</tbody>
</table>
| 9 to 13 years| Female: 2  
               Male: 2½                     |
| 14 to 18 years| Female: 2½  
                   Male: 3                     |
| 19 to 30 years| Female: 2½  
                   Male: 3                     |
| 31 to 50 years| Female: 2½  
                   Male: 3                     |
| 51+ years    | Female: 2  
                   Male: 2½                     |

* These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.
What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy vegetables can be considered 1 cup from the vegetable group.

<table>
<thead>
<tr>
<th>Food</th>
<th>What counts as 1 cup of vegetables?</th>
<th>Amount that counts as ½ cup vegetables</th>
</tr>
</thead>
</table>
| Broccoli | • 1 cup chopped broccoli or florets  
• 3 (5-inch) spears, raw or cooked | |
| Greens (collards, mustard, turnip, kale) | • 1 cup cooked greens | |
| Raw leafy greens (spinach, romaine, watercress, dark green leafy lettuce, endive, escarole) | • 1 cup cooked greens  
• 2 cups raw greens | • 1 cup raw greens |
| Carrots (whole, strips, slices or chopped; raw or cooked) | • 1 cup carrots  
• 2 medium carrots  
• 1 cup baby carrots (about 12) | • 1 medium carrot  
About 6 baby carrots |
| Pumpkin | • 1 cup mashed pumpkin, cooked | |
| Sweet potato | • 1 large (at least 2¼-inch diameter) baked  
• 1 cup sliced or mashed, cooked | |
| Winter squash (acorn, butternut, hubbard) | • 1 cup cubed squash, cooked | • ½ acorn squash, baked = ¾ cup |
| Black, garbanzo, kidney, pinto, soybeans, black-eyed peas, split peas | • 1 cup whole or mashed beans, cooked | |
| Tofu | • 1 cup ½-inch cubes tofu (about 8 ounces) | • 1 (2½- x 2½- x 1-inch) piece, about 4 ounces |
| Corn, yellow or white | • 1 cup corn  
• 1 large ear corn (8 to 9 inches long) | • 1 small ear corn (about 6 inches long) |
| Green peas | • 1 cup green peas | |
| White potatoes | • 1 cup diced potatoes, mashed  
• 1 (2½- to 3-inch) boiled or baked potato  
• French fries (20 medium to long strips, 2½ to 4 inches long) | |
| Bean sprouts | • 1 cup cooked bean sprouts | |
| Cabbage, green | • 1 cup cabbage, raw or cooked | |
| Cauliflower | • 1 cup cauliflower pieces or florets | |
| Celery | • 1 cup diced or sliced celery, raw or cooked  
• 2 large (11- to 12-inch) stalks | • 1 large (11- to 12-inch) stalk |
| Cucumbers | • 1 cup raw cucumbers, sliced or chopped | |
| Green or wax beans | • 1 cup cooked beans | |
| Green or red peppers | • 1 cup chopped, raw or cooked peppers  
• 1 large (3-inch diameter, 3¾-inch long) pepper | • 1 small pepper |
| Lettuce, iceberg or head | • 2 cups raw, shredded or chopped lettuce | • 1 cup raw, shredded or chopped lettuce |
| Mushrooms | • 1 cup raw or cooked mushrooms | |
| Onions | • 1 cup chopped, raw or cooked onions | |
| Tomatoes | • 1 large (3-inch) raw  
• 1 cup chopped or sliced, raw, canned or cooked | • 1 small (2¼-inch) tomato  
1 medium canned tomato |
<p>| Summer squash or zucchini | • 1 cup cooked, sliced or diced squash | • ½ cup cooked, sliced or diced squash |
| Tomato or other vegetable juice | • 1 cup juice | |</p>
<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Daily Amount* (cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 to 3 years</td>
<td>1</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>1 to 1½</td>
</tr>
<tr>
<td>9 to 13 years</td>
<td>Female: 1⅓ Male: 1½</td>
</tr>
<tr>
<td>14 to 18 years</td>
<td>Female: 1⅓ Male: 2</td>
</tr>
<tr>
<td>19 to 30 years</td>
<td>Female: 2 Male: 2</td>
</tr>
<tr>
<td>31 to 50 years</td>
<td>Female: 1⅓ Male: 2</td>
</tr>
<tr>
<td>51+ years</td>
<td>Female: 1⅓ Male: 2</td>
</tr>
</tbody>
</table>

* These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.
What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup dried fruit can be considered 1 cup from the fruit group.

<table>
<thead>
<tr>
<th>Food</th>
<th>What counts as 1 cup of fruit?</th>
<th>Amount that counts as ½ cup of fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>• ½ large (3¾-inch) apple&lt;br&gt;• 1 small (2½-inch) apple&lt;br&gt;• 1 cup sliced or chopped apple, raw or cooked</td>
<td>• ½ cup sliced or chopped apple, raw or cooked</td>
</tr>
<tr>
<td>Applesauce</td>
<td>• 1 cup applesauce</td>
<td>• 1 (4-ounce) snack container applesauce</td>
</tr>
<tr>
<td>Banana</td>
<td>• 1 cup sliced banana&lt;br&gt;• 1 large (8- to 9-inch) banana</td>
<td>• 1 small (less than 6-inch) banana</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>• 1 cup diced melon or melon balls</td>
<td>• 1 medium wedge melon (about ⅛ of a medium-size melon)</td>
</tr>
<tr>
<td>Grapes</td>
<td>• 1 cup whole or sliced grapes&lt;br&gt;• 32 seedless grapes</td>
<td></td>
</tr>
<tr>
<td>Grapefruit</td>
<td>• 1 medium (4-inch) grapefruit&lt;br&gt;• 1 cup grapefruit sections</td>
<td>• ½ medium (4-inch) grapefruit</td>
</tr>
<tr>
<td>Mixed fruit (fruit cocktail)</td>
<td>• 1 cup diced or sliced fruit, raw or canned, drained</td>
<td>• 1 (4-ounce) snack container = ⅛ cup</td>
</tr>
<tr>
<td>Orange</td>
<td>• 1 large (3⅛-inch) orange&lt;br&gt;• 1 cup orange sections</td>
<td>• 1 small (2½-inch) orange</td>
</tr>
<tr>
<td>Orange, mandarin</td>
<td>• 1 cup canned mandarin orange slices, drained</td>
<td></td>
</tr>
<tr>
<td>Peach</td>
<td>• 1 large (2¼-inch) peach&lt;br&gt;• 1 cup sliced or diced peaches, raw, cooked or canned, drained&lt;br&gt;• 2 halves canned peaches</td>
<td>• 1 small (2½-inch) peach&lt;br&gt;• 1 (4-ounce) snack container, drained = ⅛ cup</td>
</tr>
<tr>
<td>Pear</td>
<td>• 1 medium pear (about 2½ pears per pound)&lt;br&gt;• 1 cup sliced or diced pear, raw, cooked or canned, drained</td>
<td>• 1 (4-ounce) snack container, drained = ⅛ cup</td>
</tr>
<tr>
<td>Pineapple</td>
<td>• 1 cup pineapple chunks, sliced or crushed, raw, cooked or canned, drained</td>
<td>• 1 (4-ounce) snack container, drained = ⅛ cup</td>
</tr>
<tr>
<td>Plum</td>
<td>• 1 cup sliced plums, raw or cooked&lt;br&gt;• 3 medium or 2 large plums</td>
<td>• 1 large plum</td>
</tr>
<tr>
<td>Strawberries</td>
<td>• About 8 large strawberries&lt;br&gt;• 1 cup whole, halved or sliced strawberries, fresh or frozen</td>
<td>• ½ cup whole, halved or sliced strawberries</td>
</tr>
<tr>
<td>Watermelon</td>
<td>• 1 small (1-inch thick) wedge watermelon&lt;br&gt;• 1 cup diced watermelon or melon balls</td>
<td>• 6 melon balls</td>
</tr>
<tr>
<td>Dried fruit (raisins, prunes, apricots)</td>
<td>• ½ cup dried fruit</td>
<td>• ¼ cup dried fruit is equivalent to ½ cup whole fruit&lt;br&gt;• 1 small (1½-ounce) box raisins</td>
</tr>
<tr>
<td>100 percent fruit juice (orange, apple, grape, grapefruit, etc.)</td>
<td>• 1 cup juice</td>
<td>• ½ cup juice</td>
</tr>
</tbody>
</table>
### Food Groups in Focus

#### Milk Group
Get your calcium-rich foods

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Daily Amount* (cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 to 3 years</td>
<td>2</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>2</td>
</tr>
<tr>
<td>9 to 13 years</td>
<td>3</td>
</tr>
<tr>
<td>14 to 18 years</td>
<td>3</td>
</tr>
<tr>
<td>19 to 30 years</td>
<td>3</td>
</tr>
<tr>
<td>31 to 50 years</td>
<td>3</td>
</tr>
<tr>
<td>51+ years</td>
<td>3</td>
</tr>
</tbody>
</table>

* These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.
What counts as 1 cup in the milk group?

In general, 1 cup milk or yogurt, 1 ½ ounces of natural cheese or 2 ounces of processed cheese can be considered 1 cup from the milk group. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of the milk group.

<table>
<thead>
<tr>
<th>Food</th>
<th>What counts as 1 cup of milk?</th>
<th>Common portions and cup equivalents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>• 1 cup milk&lt;br&gt; • 1 half-pint container milk&lt;br&gt; • ½ cup evaporated milk</td>
<td>• 1 small (6-ounce) container yogurt = ¾ cup&lt;br&gt; • 1 snack-size (4-ounce) container yogurt = ½ cup</td>
</tr>
<tr>
<td>Yogurt</td>
<td>• 1 (8-ounce) container yogurt&lt;br&gt; • 1 cup yogurt</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>• 1½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan)&lt;br&gt; • ½ cup shredded cheese&lt;br&gt; • 2 ounces processed (American) cheese&lt;br&gt; • ½ cup ricotta cheese&lt;br&gt; • 2 cups cottage cheese</td>
<td>• 1 slice hard cheese = ½ cup&lt;br&gt; • 1 slice processed cheese = ½ cup milk&lt;br&gt; • ½ cup cottage cheese = ¼ cup milk</td>
</tr>
<tr>
<td>Milk-based desserts</td>
<td>• 1 cup pudding made with milk&lt;br&gt; • 1 cup frozen yogurt&lt;br&gt; • 1½ cups ice cream</td>
<td>• 1 scoop ice cream = ¼ milk</td>
</tr>
</tbody>
</table>
### Food Groups in Focus

**Meat & Bean Group**

Go lean with protein

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Daily Amount* (ounce equivalents)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 to 3 years</td>
<td>2</td>
</tr>
<tr>
<td>4 to 8 years</td>
<td>3 to 4</td>
</tr>
<tr>
<td>9 to 13 years</td>
<td>5</td>
</tr>
<tr>
<td>14 to 18 years</td>
<td>Female: 5</td>
</tr>
<tr>
<td></td>
<td>Male: 6</td>
</tr>
<tr>
<td>19 to 30 years</td>
<td>Female: 5½</td>
</tr>
<tr>
<td></td>
<td>Male: 6½</td>
</tr>
<tr>
<td>31 to 50 years</td>
<td>Female: 5</td>
</tr>
<tr>
<td></td>
<td>Male: 6</td>
</tr>
<tr>
<td>51+ years</td>
<td>Female: 5</td>
</tr>
<tr>
<td></td>
<td>Male: 5½</td>
</tr>
</tbody>
</table>

* These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.
What counts as an ounce equivalent in the meat & beans group?

In general, 1 ounce of lean meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered 1 ounce equivalent from the meat & beans group.

<table>
<thead>
<tr>
<th>Food</th>
<th>What counts as 1 ounce equivalent in the meat and beans group</th>
<th>Common portions and ounce equivalents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meats</td>
<td>• 1 ounce cooked lean beef&lt;br&gt;• 1 ounce cooked lean pork or ham</td>
<td>• 1 small steak (eye of round, filet) = 3½ to 4 ounce equivalents&lt;br&gt;• 1 small lean hamburger = 2 to 3 ounce equivalents</td>
</tr>
<tr>
<td>Poultry</td>
<td>• 1 ounce cooked chicken or turkey, without skin&lt;br&gt;• 1 sandwich slice (4½ x 2½ x ⅛ inches) turkey</td>
<td>• 1 small chicken breast half = 3 ounce equivalents&lt;br&gt;• ½ Cornish game hen = 4 ounce equivalents</td>
</tr>
<tr>
<td>Fish</td>
<td>• 1 ounce cooked fish or shellfish</td>
<td>• 1 can of tuna, drained = 3 to 4 ounce equivalents&lt;br&gt;• 1 salmon steak = 4 to 6 ounce equivalents&lt;br&gt;• 1 small trout = 3 ounce equivalents</td>
</tr>
<tr>
<td>Eggs</td>
<td>• 1 egg</td>
<td></td>
</tr>
<tr>
<td>Nuts and seeds</td>
<td>• ½ ounce nuts (12 almonds, 24 pistachios or 7 walnut halves)&lt;br&gt;• ½ ounce pumpkin, sunflower or squash seeds, hulled and roasted&lt;br&gt;• 1 tablespoon peanut or almond butter</td>
<td>• 1 ounce nuts or seeds = 2 ounce equivalents</td>
</tr>
<tr>
<td>Dry beans and peas</td>
<td>• ¼ cup cooked dry beans (such as black, kidney, pinto or white beans)&lt;br&gt;• ¼ cup cooked dry peas (such as chickpeas, cowpeas, lentils or split peas)&lt;br&gt;• ¼ cup baked beans, refried beans</td>
<td>• 1 cup split pea, lentil, bean soup = 2 ounce equivalents</td>
</tr>
<tr>
<td>Soy beans</td>
<td>• ¼ cup (about 2 ounces) tofu&lt;br&gt;• 1 ounce tempeh, cooked&lt;br&gt;• ¼ cup roasted soybeans&lt;br&gt;• 1 (2½-inch) falafel patty, 4 ounces&lt;br&gt;• 2 tablespoons hummus</td>
<td>• 1 soy or bean burger patty = 2 ounce equivalents</td>
</tr>
</tbody>
</table>
## Mixed Dishes

(Values are estimates based on how these foods are prepared.)

<table>
<thead>
<tr>
<th>Food and portion</th>
<th>Grains Group (ounce equivalents)</th>
<th>Vegetable Group (cups)</th>
<th>Fruit Group (cups)</th>
<th>Milk Group (cups)</th>
<th>Meat and Beans Group (ounce equivalents)</th>
<th>Estimated total calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese pizza</td>
<td>1</td>
<td>⅛</td>
<td>⅓</td>
<td>½</td>
<td></td>
<td>215</td>
</tr>
<tr>
<td>(1 slice from medium, thin crust pizza)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lasagna</td>
<td>2</td>
<td>⅓</td>
<td>1</td>
<td>1</td>
<td></td>
<td>445</td>
</tr>
<tr>
<td>(3½- by 4-inch piece)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macaroni and cheese</td>
<td>2</td>
<td></td>
<td>½</td>
<td></td>
<td></td>
<td>260</td>
</tr>
<tr>
<td>(1 cup made from packaged mix)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna noodle casserole</td>
<td>1½</td>
<td></td>
<td>⅝</td>
<td>2</td>
<td></td>
<td>260</td>
</tr>
<tr>
<td>(1 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken pot pie</td>
<td>2½</td>
<td>⅔</td>
<td>⅔</td>
<td>1½</td>
<td></td>
<td>500</td>
</tr>
<tr>
<td>(8 ounces)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef tacos</td>
<td>2½</td>
<td>⅓</td>
<td>⅔</td>
<td>2</td>
<td></td>
<td>370</td>
</tr>
<tr>
<td>(2)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bean and cheese burrito</td>
<td>2½</td>
<td></td>
<td>⅔</td>
<td>2</td>
<td></td>
<td>445</td>
</tr>
<tr>
<td>(1)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg roll</td>
<td>⅓</td>
<td>⅕</td>
<td>⅔</td>
<td>⅘</td>
<td></td>
<td>150</td>
</tr>
<tr>
<td>(1)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken fried rice</td>
<td>1½</td>
<td>⅕</td>
<td>⅔</td>
<td>1</td>
<td></td>
<td>270</td>
</tr>
<tr>
<td>(1 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stuffed peppers with rice and meat</td>
<td>⅓</td>
<td>⅕</td>
<td>⅔</td>
<td>1</td>
<td></td>
<td>190</td>
</tr>
<tr>
<td>(½ pepper)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef stir-fry</td>
<td>⅔</td>
<td>⅕</td>
<td>⅔</td>
<td>1½</td>
<td></td>
<td>267</td>
</tr>
<tr>
<td>(1 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clam chowder - New England style</td>
<td>⅓</td>
<td>⅕</td>
<td>⅓</td>
<td>2</td>
<td></td>
<td>165</td>
</tr>
<tr>
<td>(1 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clam chowder - Manhattan style, chunky</td>
<td>⅓</td>
<td>⅕</td>
<td>⅓</td>
<td>2</td>
<td></td>
<td>135</td>
</tr>
<tr>
<td>(1 cup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Mixed Dishes, cont.

<table>
<thead>
<tr>
<th>Food and portion</th>
<th>Grains Group (ounce equivalents)</th>
<th>Vegetable Group (cups)</th>
<th>Fruit Group (cups)</th>
<th>Milk Group (cups)</th>
<th>Meat and Beans Group (ounce equivalents)</th>
<th>Estimated total calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream of tomato soup (1 cup)</td>
<td>½</td>
<td>½</td>
<td>½</td>
<td></td>
<td></td>
<td>160</td>
</tr>
<tr>
<td>Large cheeseburger</td>
<td>2</td>
<td></td>
<td>½</td>
<td>3</td>
<td></td>
<td>500</td>
</tr>
<tr>
<td>Turkey sub sandwich (6 inches long)</td>
<td>2</td>
<td>½</td>
<td>¼</td>
<td>2</td>
<td></td>
<td>320</td>
</tr>
<tr>
<td>Peanut butter and jelly sandwich (1)</td>
<td>2</td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td>375</td>
</tr>
<tr>
<td>Tuna salad sandwich (1)</td>
<td>2</td>
<td>¼</td>
<td></td>
<td>2</td>
<td></td>
<td>290</td>
</tr>
<tr>
<td>Chef’s salad (3 cups, no dressing)</td>
<td></td>
<td>1½</td>
<td></td>
<td>3</td>
<td></td>
<td>230</td>
</tr>
<tr>
<td>Pasta salad with vegetables (1 cup)</td>
<td>1½</td>
<td>½</td>
<td></td>
<td></td>
<td></td>
<td>140</td>
</tr>
<tr>
<td>Apple pie (1 slice)</td>
<td>2</td>
<td></td>
<td>¼</td>
<td></td>
<td></td>
<td>280</td>
</tr>
<tr>
<td>Pumpkin pie (1 slice)</td>
<td>1½</td>
<td>½</td>
<td>¼</td>
<td>¼</td>
<td></td>
<td>240</td>
</tr>
</tbody>
</table>