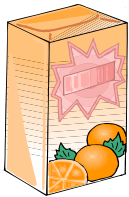
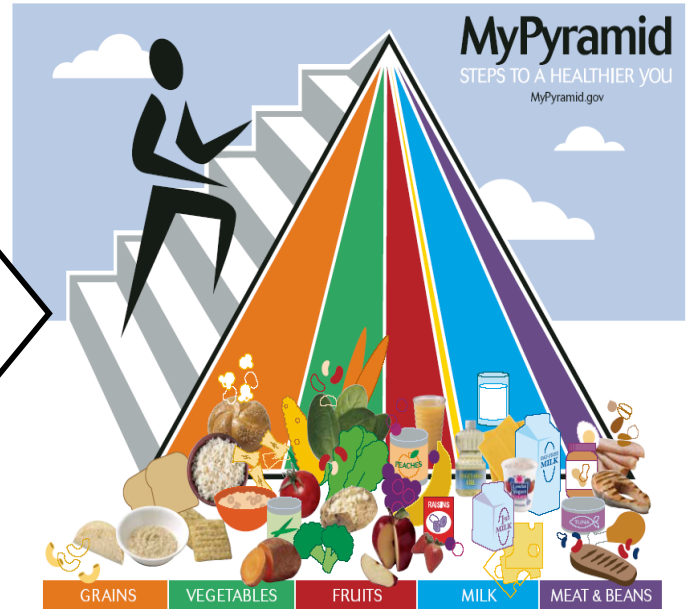


Where Foods "Fit"

Foods with similar nutrients are grouped together into food groups in MyPyramid.

Do all foods "fit" in one of the 5 food groups?

Most do because their nutrient content is similar to other foods in a food group. For example, foods made with grains such as bread and cereal. Corn chips and cookies belong in the Grain Group too because they are made with grains.



FRUIT DRINKS—A MEMBER OF THE FRUIT GROUP?

No. Fruit drinks aren't exactly the same as 100% fruit juice. They don't have all of the nutrients that 100% fruit juice has. And they are mostly added sugar.

THIS CAN'T BE RIGHT – CORN CHIPS & COOKIES IN THE GRAIN GROUP?

Corn chips and cookies in the Grain Group? How can this be? Remember that foods with similar nutrients are grouped together into food groups. The nutrient content of corn chips and cookies, both made from grains, is similar to other foods in that group, such as bread. Of course, a BETTER CHOICE instead of corn chips or cookies from the Grain Group would be baked tortilla chips or graham crackers (they have less fat and added sugar).

There are EXCEPTIONS. The following foods **don't belong in any food group**:

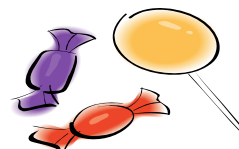
- Mostly fat foods (gravy, butter, stick margarine, cream sauces, cream cheese, dessert topping, candy)
- Sweeteners with calories (sugar, candy, soda, syrup)
- Alcohol (wine, beer)

Why? They are mostly fat, sugar or alcohol and not high in the nutrients found in the 5 food groups.



A WORD ABOUT THE MILK GROUP

What about **cream cheese, cream or butter**? These foods have **little to no calcium** in them. They are not part of the milk group. Low-fat or fat-free cream cheeses, are a BETTER CHOICE if you want to eat cream cheese, but low-fat or fat-free cream cheeses still have little to no calcium.



DISCRETIONARY CALORIES OR EXTRAS

Discretionary calories or “extras” are the extra calories from solid fat, added sugar and alcohol after we have chosen foods that provide the nutrients we need. To see a list of foods in each food group and their discretionary calories go to http://mypyramid.gov/pyramid/discretionary_calories_count.html# and click on “Click here to see chart”

THE BOTTOM LINE...

Don't get so caught up in worrying what foods belong in which food groups. Does apple pie belong in the Fruit Group? Yes, but what is more important is making a BETTER CHOICE for apple pie because it has fat and sugar. A better choice instead of apple pie might be a baked apple because it has less fat and sugar than a slice of apple pie.