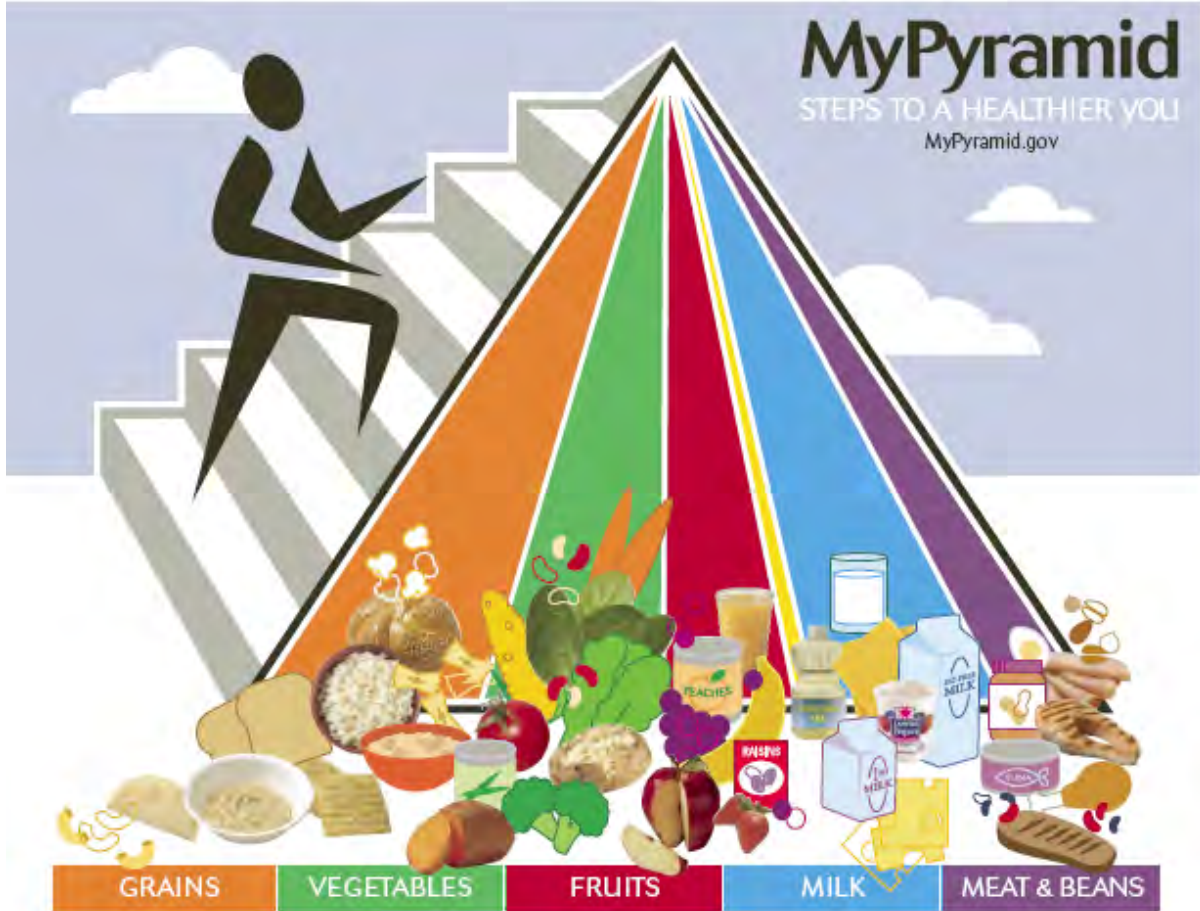


The Food Pyramid: Five Healthy Groups, One Unhealthy Group








This is a food pyramid. It explains that everyone needs to eat five kinds of food:

- grains
- vegetables
- fruits
- milk
- meat and beans

How much food you eat depends on your sex, age, and the type of work you do. It also depends on how much exercise you do every day. Everyone needs to eat food from these five groups to stay healthy.


The food pyramid and other information about food is from the U. S. Government. Too many people have heart attacks, strokes, and diabetes. Too many have cancer. A strong country needs healthy people. So the government and many other groups are explaining what foods are most healthy.

This is what health experts recommend that we eat:

 <p>Grains</p>	<p>3 ounces of whole grain bread, cereal, rice, or pasta -- daily</p> <p><i>1 slice of bread counts as 1 ounce grain*</i> <i>1 cup dry cereal counts as 1 ounce grain</i> <i>½ cup cooked rice or pasta counts as 1 ounce grain</i></p>
 <p>Vegetables</p>	<p>2-3 cups of vegetables -- daily</p> <p><i>1 cup raw or cooked vegetables counts as 1 cup veggies</i> <i>2 cups raw leafy vegetables counts as 1 cup veggies</i></p>
 <p>Fruits</p>	<p>2 cups of fruit -- daily</p> <p><i>1 cup of fresh or canned fruit counts as 1 cup fruit</i> <i>½ cup dried fruit counts as 1 cup fruit</i></p>
 <p>Milk</p>	<p>2-3 cups of milk -- daily</p> <p><i>1 cup milk or yogurt counts as 1 cup milk</i> <i>2 slices of cheese counts as 1 cup milk</i></p>
 <p>Meat & Beans</p>	<p>4-5 ounces of lean meat -- daily</p> <p><i>1 oz. beef, pork, chicken or fish counts as 1 ounce meat</i> <i>¼ cup cooked dry beans counts as 1 ounce meat</i> <i>1 egg counts as 1 ounce meat</i> <i>½ ounce nuts or seeds counts as 1 ounce meat</i></p>

*to understand “counts as” ask your teacher or go to the website: www.mypyramid.gov

There is another food group. It is called Oils. It is OK to use some oils, but just use a little at a time. The foods in this group are not very healthy.

 <p>Oils</p>	<p>This group includes butter, margarine, lard, and all kinds of cooking oils.</p>
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Every day you can make healthy or unhealthy choices. You decide what you will eat. You decide how much you will eat. Good choices can help to keep you healthy. Good choices will give you more energy. You may not have to go to the doctor as often.

Remember: healthy or unhealthy? It's your choice!