



Food for a Day

Putting it All Together



morning...

mid-day...

evening...

Have milk with your cereal or with your yogurt.
Choose milk or other liquids for your liquid calories.

1800myPyramid.gov

Amounts and types of food based on a total of 2,000 calories

• Young Children and
selective women need
less food than shown

• Teen boys and
heavy men need
more food than shown

Go to MyPyramid.gov
to find out what you need.

2 Cups

FRUIT GROUP

2 1/2 Cups

VEGETABLE GROUP

3 Cups
OR EQUIVALENT

MILK GROUP

5 1/2 Ounces
OR EQUIVALENT

MEAT AND BEANS GROUP

6 Ounces
OR EQUIVALENT

GRAINS GROUP



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