

A Daily Food Guide

EVERY DAY EAT FOODS FROM EACH OF THE FOUR FOOD GROUPS



Vegetable-Fruit Group

4 OR MORE SERVINGS

CITRUS,
TOMATOES
AND PEPPERS

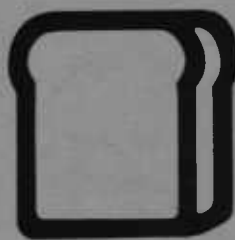


DARK GREEN

DEEP YELLOW



OTHERS



Bread-Cereal Group

(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS



Milk Group

2 OR MORE SERVINGS



Meat Group

2 OR MORE SERVINGS



U.S. DEPARTMENT OF AGRICULTURE

CHOOSE EXTRA SERVINGS
FROM THE FOUR FOOD GROUPS AND,
AS NEEDED, OTHER FOODS SUCH AS BUTTER OR MARGARINE,
SALAD DRESSINGS AND OILS, AND JAMS AND JELLIES
TO ROUND OUT MEALS.

How to Count Daily Servings

FOLLOW THE FOOD GUIDE EVERY DAY!



Vegetable-Fruit Group

4 OR MORE SERVINGS
COUNT AS A SERVING:*

OR 1 PORTION, SUCH AS —



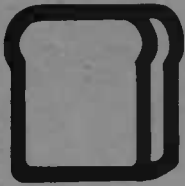
VEGETABLE OR FRUIT
(RAW OR COOKED)



OR



OR



Bread-Cereal Group

(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS
COUNT AS A SERVING:



OR



OR



FLAKES OR PUFFED



OR



OR 1/2 TO 3/4 CUP OF COOKED



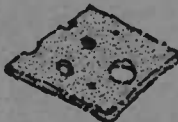
Milk Group

COUNT AS A SERVING
1 CUP OF MILK

CHEESE CAN BE USED
IN PLACE OF MILK
PART OF THE TIME.

1 OUNCE
CHEESE

MILK



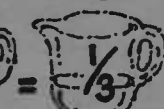
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COUNT MILK YOU
DRINK AND MILK
IN FOOD YOU EAT.



MILK



THIS CHART SHOWS THE
NUMBER OF SERVINGS
EACH DAY FOR:

CHILDREN UNDER 9 TO

CHILDREN 9-12 OR MORE

TEENAGERS OR MORE

ADULTS OR MORE

PREGNANT
WOMEN OR MORE

NURSING
MOTHERS OR MORE



Meat Group

2 OR MORE SERVINGS

COUNT AS A SERVING: *
2 OUNCES OF COOKED
LEAN MEAT, POULTRY,
OR FISH, SUCH AS —

A PIECE OF FISH A HAMBURGER PATTY



2 LARGE
CHICKEN WINGS

YOU CAN USE IN PLACE OF
1/2 SERVING OF MEAT:



OR 2 TABLESPOONS



OR 1 EGG

* SERVING SIZES MAY BE SMALLER FOR YOUNG CHILDREN.



OREGON STATE UNIVERSITY
**EXTENSION
SERVICE**

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