



**Living a Healthy Life -- Wellness and Physical Fitness:
The Food Pyramid and Recommended Daily Allowances (RDAs)**

Food Group	Number of Servings	Sample Serving Sizes and Healthy Hints
Bread, Cereal, Rice and Pasta	6-11	<p>Sample Servings: 1 serving =</p> <ul style="list-style-type: none"> • 1 slice bread, pancake, or tortilla • ½ bagel, English muffin, hamburger/sandwich roll, doughnut, croissant or danish • 1 cup ready-to-eat cereal (such as Raisin Bran, Corn Flakes) • ½ cup cooked pasta, rice or cereal (such as oatmeal, cream of wheat, farina) • 3-4 small crackers or cookies • ½ slice cake or pie <p>Healthy Hints:</p> <ul style="list-style-type: none"> • Whole grain breads and cereals and brown rice have more fiber and are healthier. • Choose foods made with less fat and sugar, like bread, English muffins, rice and pasta. • Don't add back the fat and sugar you've avoided with lots of fatty or sweet toppings!
Vegetables	3-5	<p>Sample Servings: 1 serving =</p> <ul style="list-style-type: none"> • 1 cup raw, leafy vegetables (such as lettuce or spinach) • ½ cup other vegetables, raw or cooked • ¾ cup vegetable juice (such as tomato juice or V-8) • ½ potato <p>Healthy Hints:</p> <ul style="list-style-type: none"> • Eat a variety of vegetables. (Different vegetables have different nutrients.) • Dark leafy vegetables (like spinach and collards) are healthier than lighter leafy vegetables (like iceberg lettuce). • Eat legumes to get both your vitamins and protein. Legumes are beans and nuts (such as kidney beans, black beans, lentils, chickpeas, and peanuts) that not only give you the nutrients of vegetables but also give you the protein of meat. • Keep your veggie servings low-fat and healthy by avoiding fried foods or foods cooked or served with fatty spreads or toppings.
Fruits	2-4	<p>Sample Servings: 1 serving =</p> <ul style="list-style-type: none"> • 1 medium size fruit (apple, banana, orange) • ½ cup chopped, cooked, or canned fruit • ¾ cup fruit juice <p>Healthy Hints: 1 serving =</p> <ul style="list-style-type: none"> • Choose fresh fruits whenever possible. • Watch out for added sugar in fruit juices, canned fruit, and frozen fruit. • Watch out for juices that aren't really juice! "Punches, ades, and fruit drinks" often have a lot of sugar and very little fruit juice. <p>Have citrus fruits (like oranges and grapefruits), melon, and berries regularly. They are rich in vitamin C.</p>

Dairy (Milk, Cheese, Yogurt)	2-3	<p>Sample Servings: 1 serving =</p> <ul style="list-style-type: none"> • 1 cup milk • 1.5-2 ounces cheese (about 1-2 standard sized slices of cheese) • 8 ounces of yogurt (usually the amount of the average yogurt cup) • ½ cup ricotta or mozzarella cheese • 2 cups cottage cheese • 1 cup frozen yogurt • 1 ½ cup ice cream <p>Healthy Hints:</p> <ul style="list-style-type: none"> • Choose skim, part-skim, or low-fat milk, cheeses, yogurts, and ice creams, when possible. • The average American does not get enough calcium, so try boosting your calcium intake with other products like calcium enriched juices or vegetables high in calcium (like arugula, kale, spinach and other dark, leafy greens).
Protein (Meat, Poultry, Fish, Egg, Nuts & Beans, tofu)	2-3	<p>Sample Servings: 1 serving =</p> <ul style="list-style-type: none"> • 2-3 ounces cooked meat, poultry, or fish • 2-3 eggs • 1-1½ cup cooked beans • 4-6 tablespoons nuts, seeds, or peanut butter • ½ cup tofu or tempah <p>Healthy Hints:</p> <ul style="list-style-type: none"> • Choose lean meat, poultry without skin, fish, and dry beans and peas often. They are the choices lowest in fat. • Trim fat from meats and broil, roast, or boil (instead of frying) to reduce fat. • Lower cholesterol by removing egg yolks.
Fats, Oils, Sweets	Use sparingly	<p>Most people enjoy the occasional sweet or fatty food, and there's nothing wrong with allowing yourself to indulge once in a while. But too much sugar and fat in your diet can cause serious health problems. The average person should only consume 55-75 grams of fat a day and 6-12 teaspoons of sugar. While that may seem like plenty (considering a tablespoon of margarine has 10 grams of fat, and a chocolate bar usually has 3 teaspoons of sugar), don't forget that you're also consuming fat and sugar from 'healthy' foods like pasta, cereal, fruits, and dairy products. Try the hints below to help lower your fat and sugar intake.</p> <ul style="list-style-type: none"> • Choose lower fat and lower sugar options from the food groups above. (For example, choose an English muffin or low-fat muffin instead of a doughnut, a baked potato instead of French fries, or reduced fat or reduced calorie options of your favorite foods.) • Limit fat and sugar in your diet by cutting down on "extras" (such as sweet or fattening dressings, oily or fried foods, butter, sweets, and soft drinks, to name a few). • Choose lower fat options or use smaller portions when preparing packaged foods like stuffing or sauces. (For example, try using only half the butter or margarine suggested; if milk or cream is called for, use low fat milk.)