

Food for a Day

Putting it All Together



morning...

mid-day...

evening...

Drink 8oz and juice are part of your fluid intake. Check water or other calorie-free beverage sources.

 teensnutrition.usda.gov

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

• Young children and inactive women need less food than shown
• Teen boys and many 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


MyPyramid.gov
IT'S YOUR HEALTHY CHOICE