

food pyramid

pyramid power at mealtimes



GRAINS:

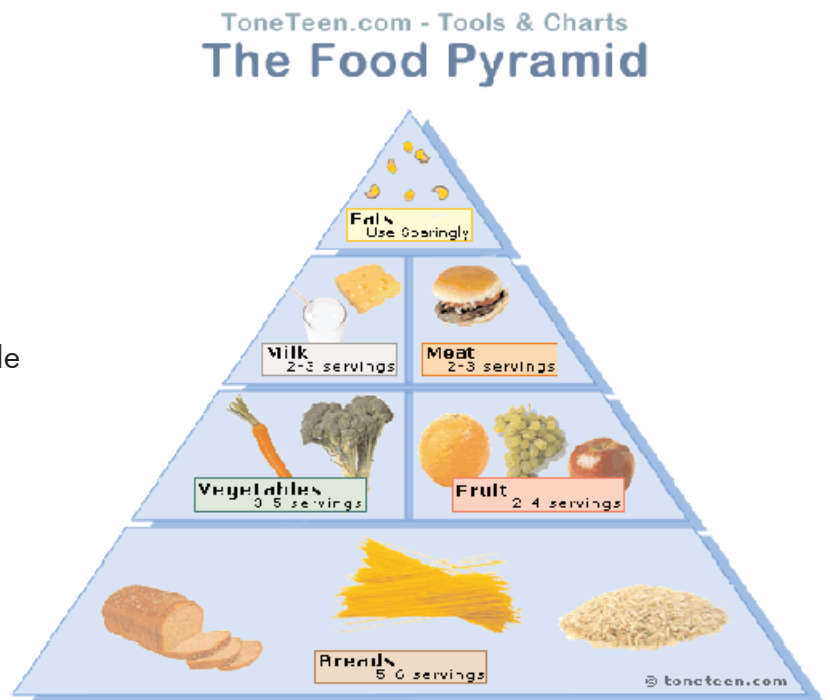
A source of fiber, B vitamins, iron and "good" carbs. Try and include something "brown" or whole grain at every meal and snack.

- Breakfast choices:
Wheaties, Product 19, Oatmeal, Bagel
- Lunch Choices:
Whole wheat bread, whole grain crackers
- Dinner choices:
Baked potato, brown rice, pasta
- Snack choices:
English muffin, cold cereal

FRUIT AND VEGGIES:

Good source of Vitamins A, C, minerals and fiber. Include a serving of fruit and or vegetable at every meal or snack.

- Breakfast choices:
½ of grapefruit, small glass of orange juice
- Lunch choice:
vegetable soup, apple
- Dinner choice:
steamed vegetable plate, salad, banana
- Snack choice:
baby carrots, vegetable juice, orange



DAIRY AND PROTEIN:

Good source of protein, calcium (*dairy*) iron (*protein*). Include a serving of dairy or protein food at every meal and snack

- Breakfast choices: skim milk, eggs
- Lunch choices: tofu, cottage cheese, sliced turkey
- Dinner choice: burger, cheese pizza, chicken breast
- Snack choice: yogurt, skim milk latte

"TOP OF THE PYRAMID"

- Good source of fat...and the taste good food. Include some "good fat" each day.
- Good fats include olive oil, avocado.
- It is also fine to include a serving a day (minimum) of those foods that just taste good but don't provide many nutrients.
- Just pay attention to portion sizes.