



### Where do your favorite foods fit?

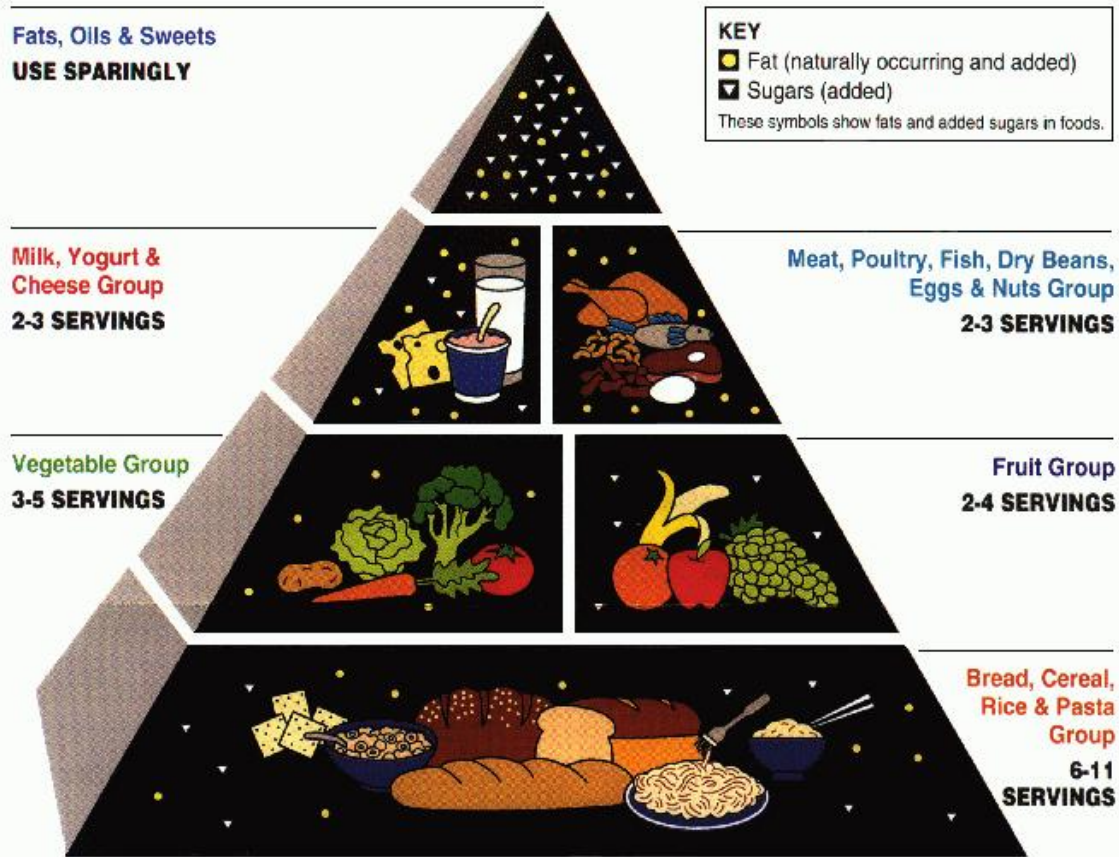
“I like pizza a lot. What food group is it in?”

“If I try to follow the Pyramid, does that mean no more fast food?”

“When it says, ‘6 to 11 servings’ of grains, how many should I eat?”

Have you ever looked at the Food Guide Pyramid and asked questions like these? If so, read on to see how you can follow the Pyramid and fit the foods you like to eat into a healthy way to eat.

The Food Guide Pyramid is a great starting point for your food choices. Choosing foods according to the Pyramid can help you get all the nutrients that you need for health. No single food or food group supplies all the nutrients in the amounts you need—so choose the recommended number of servings from each Pyramid food group.





### How much do you need from each group?

The Pyramid gives a range of servings for each group. The number of servings **you** need depends on your calorie and nutrient needs. These are based on your age, sex, and level of physical activity. For example, if you are an inactive woman, you should choose the fewer daily servings from each food group. If you become physically active, your food needs will increase and you can choose more servings from each group. Your teenage son may need more servings from each group to get more calories and nutrients.

### How much is a serving?

Remember, *portion* sizes and *serving* sizes may not be the same. A **portion** is the amount of food you choose to eat. There is no standard portion size. A **serving** is a standard amount of food. It is used to help give advice about how much to eat, or to identify how many calories and nutrients are in a food. Check the Nutrition Facts label on foods for the serving size and what is in one serving. You'll get more nutrients (and calories and fat) by eating more than one serving.

### So what about fast foods?

We all need to pay attention to our choices when eating. Many menu items may be high in calories and fat. Fast food menus also tend to have limited variety and choices of vegetables, fruits and whole grains. Make sure you get enough of these at other meals or as snacks. If you eat fast foods often, consider the following tips:

- ♣ Extras such as sauces, cheese, or bacon on burgers can add a lot of calories and fat. Try your burger with lettuce, tomato, and onion instead.
- ♣ Order small or medium sizes—super-size portions aren't a bargain if they have more calories and fat than you need.
- ♣ Try a green salad instead of the macaroni salad or fries.
- ♣ Choose fat-free or low-fat milk, fruit juice, or water as a beverage instead of the soda.

The following list gives you an idea of how many food group servings come from each entrée. Listed at the far right is the “% Daily Value of Fat”—this tells you how much of your “daily fat allowance” (the recommended amount to consume in one day) is coming from each food. A plate lunch could provide three-fourths of your fat allowance for one day—wow! So if you're going to have that plate lunch, you might try eating lighter meals (with less fat) the rest of the day. Check the list for which entrees provide servings from each food group and how much fat you would also be consuming. Like all things in life, eating healthfully is a balancing act.

For more information and the complete article on “Where do your favorite foods fit?” go to <http://www.usda.gov/cnpp/Pubs/Brochures/index.html#Favorite>.



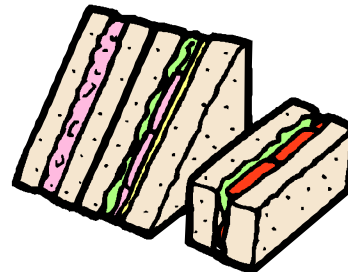
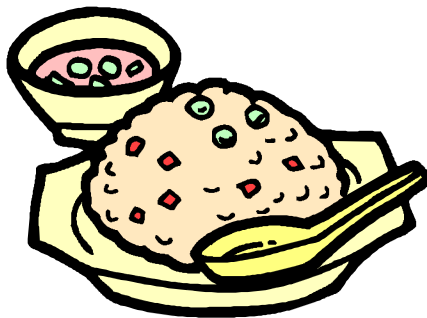
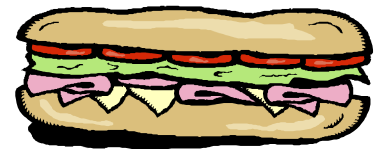
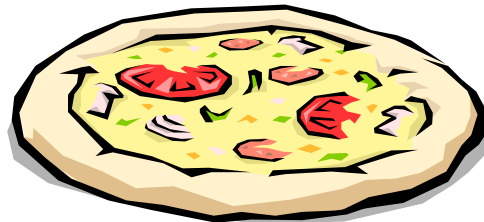
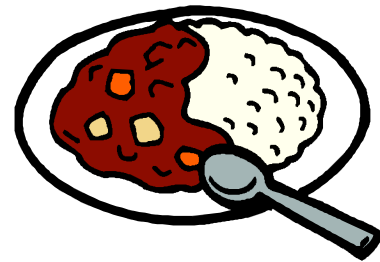
Mixed dishes—How do they contribute to Pyramid food groups?

NOTE: The values listed are estimates based on how these foods are often prepared. The amounts in an item you eat may be more or less than these examples.

<u>Food and portion</u>	<u>Pyramid servings in this portion</u>					<u>Daily Value of Fat*</u>
	<u>Grain Group</u>	<u>Vegetable Group</u>	<u>Fruit Group</u>	<u>Milk Group</u>	<u>Meat/Bean Group</u>	
Cheese pizza (2 med. Slices)	2.5	0.5	0	0.5	0	19%
Beef taco (2)	2.5	0.5	0	0.25	2	40%
Beef stew (1 cup) with rice (1 scoop)	1	1	0	0	1	17%
Bean & cheese burrito	2.5	0.25	0	1	1	44%
Chicken fried rice (1 cup)	1.5	0.5	0	0	1	19%
Chili & rice (1/2 cup each)	1	0.5	0	0	1	12%
Beef stir-fry (1 cup)	0	1.5	0	0	1.5	16%
Double cheeseburger (with mayonnaise)	3.5	0.5	0	0.5	2.5	54%
Italian sub (6")	2	0.5	0	0.5	2.5	58%
Laulau	0	1	0	0	1	65%
Peanut butter & jelly Sandwich	2	0	0	0	1	22%
Plate lunch (fried chicken, 2 scoops rice, mac salad)	3	0	0	0	2	75%
Spam musubi	1	0	0	0	0.5	12%
Tuna salad sandwich	2	0.5	0	0	2	11%
Chef salad (3 cups, no dressing)	0	3	0	0	3	5%



\* The % Daily Value (%DV) shows how much of the recommended daily limit for fat is in these sample portions of food. %DV are based on recommendations for a 2,000-calorie diet. The %DV in this table can be compared to the %DV listed on Nutrition Facts labels on food packages.



This article is provided by the Cooperative Extension Service, Department of Human Nutrition, Food and Animal Sciences, College of Tropical Agriculture and Human Resources, 1955 East-West Rd., AgSci 216. Visit our Nutrition Education for Wellness site:

<http://www.ctahr.hawaii.edu/NEW>