

This chart is intended as an eating guide for children ages 7-13 who participate in 30-60 minutes of moderate activity daily. For children 14+ and adults, refer to www.MyPyramid.gov.



Eat the Five Food Group Way!™

Food Group, Health Benefits, And Nutrients ¹	MyPyramid.gov Total Daily Portions	Translating Portions Into Daily Servings ²	Food	Common Serving Size
Grain Group³ Provides energy and aids digestion <i>Key Nutrients:</i> ■ Carbohydrate ■ Fiber	Ages 7-10 = 5-6 oz Ages 11-13 = 6-7 oz	→ 5-6 servings → 6-7 servings	Bread Tortilla, roll, muffin Bagel, hamburger bun Rice, pasta, cooked cereal, grits Ready-to-eat cereal Pancake, waffle	1 slice 1 1/2 1/2 cup 1 oz (flakes or round) 1 (4" diameter)
Vegetable Group Helps you see in the dark <i>Key Nutrients:</i> ■ Vitamin A ■ Fiber	Ages 7-10 = 2-2½ cups Ages 11-13 = 2½-3 cups	→ 4-5 servings → 5-6 servings	Cooked vegetables Chopped, raw vegetables Raw, leafy vegetables Vegetable juice	1/2 cup 1/2 cup 1 cup 3/4 cup
Fruit Group Heals cuts and bruises <i>Key Nutrients:</i> ■ Vitamin C ■ Potassium	Ages 7-10 = 1½ cups Ages 11-13 = 1½-2 cups	→ 3 servings → 3-4 servings	Apple, banana, orange, pear Grapefruit Cantaloupe Raisins, dried fruit Chopped fruit 100% fruit juice	1 medium 1/2 fruit 1/4 fruit 1/4 cup 1/2 cup 3/4 cup
Milk Group Builds strong bones and teeth <i>Key Nutrients:</i> ■ Calcium ■ Vitamin D	Ages 7-10 = 3 cups Ages 11-13 = 3 cups	→ 3 servings → 3 servings	Milk Yogurt Cheese Pudding Frozen yogurt	1 cup (8 oz) 8 oz container 1-1/2 to 2 oz 1/2 cup 1/2 cup
Meat Group Builds strong muscles <i>Key Nutrients:</i> ■ Protein ■ Iron	Ages 7-10 = 5 oz Ages 11-13 = 5-6 oz	→ 2 servings → 2 servings	Cooked lean meat, poultry, fish Egg Peanut butter Cooked dried peas or beans Nuts, seeds	2-3 oz 1 (1 oz) 2 tbsp (1 oz) 1/2 cup 1/3 cup
"Others" Category	See MyPyramid.gov for information on "Oils" and "Discretionary Calories"	Active children can consume "Others" in moderation, as long as they eat the recommended amounts from the Five Food Groups.	Fats, oils, spreads Candy Cookies Cake Chips Soft drinks	1 tsp to 1 tbsp 1 oz 2 small 1/16 of cake 1 oz 12 oz

¹ All of the Five Food Groups provide many nutrients. Listed here are some of the most important ones.

² These are minimum recommended number of servings. Some people will need more or less servings, depending on their gender, size, activity level and growth.

³ At least half of the daily servings should come from whole grains.