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# DAILY FOOD GUIDE



some choices for thrifty families



## MILK GROUP

some for everyone



## MEAT GROUP

2 or more servings



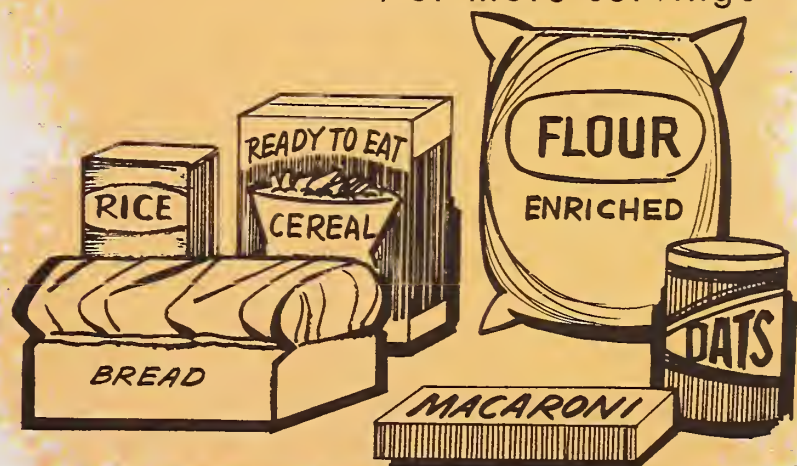
## VEGETABLE - FRUIT GROUP

4 or more servings



## BREAD - CEREAL GROUP

4 or more servings



WHOLE GRAIN OR ENRICHED

**everyday eat foods from each group**

EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

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



# Follow the Food Guide Every Day



**SOME**  
for  
**EVERYONE**

## MILK GROUP

COUNT AS A SERVING 1 CUP  OF MILK

Children under 9 —   to    Adults —————   or more

Children 9-12 —————    or more Pregnant Women —    or more

Teenagers —————     or more Nursing Mothers —     or more

Cheese can be used for part of the MILK

**2**  
or more  
**SERVINGS**

## MEAT GROUP

COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN MEAT,  
POULTRY OR FISH — — SUCH AS



A HAMBURGER



OR A CHICKEN LEG



OR A FISH

ALSO-2 EGGS  

OR 1 CUP  COOKED DRY BEANS OR PEAS

OR 4 TABLESPOONS  PEANUT BUTTER



**4**  
or more  
**SERVINGS**

## VEGETABLE-FRUIT GROUP

COUNT AS A SERVING ½ CUP  (RAW OR COOKED)  
OR 1 PORTION SUCH AS



OR



OR



**4**  
or more  
**SERVINGS**

**BREAD-CEREAL GROUP (WHOLE GRAIN OR ENRICHED)**  
COUNT AS A SERVING

1 SLICE  OF BREAD OR 1 BISCUIT 

OR 1 OUNCE READY-TO-EAT CEREAL ———— 

OR ½ CUP  TO ¾ CUP  COOKED CEREAL,  
CORNMEAL, GRITS, MACARONI, RICE, OR SPAGHETTI



EAT OTHER FOODS AS NEEDED TO ROUND OUT THE MEALS

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