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ATX 353
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Reserve

A Daily Food Guide

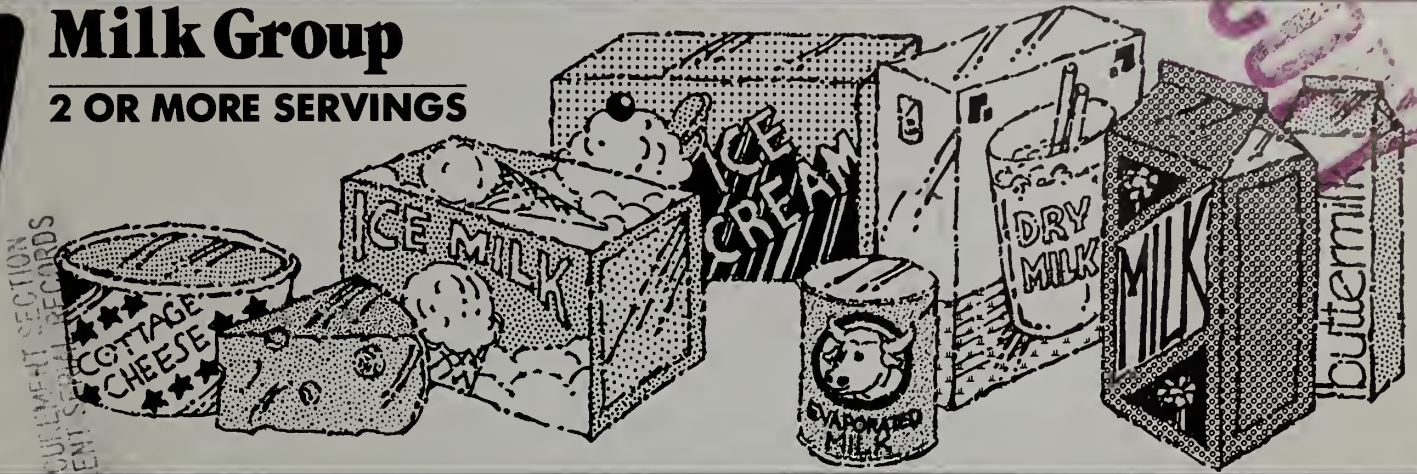
SOME CHOICES FOR THRIFTY FAMILIES

EVERY DAY EAT FOODS FROM EACH OF THE FOUR FOOD GROUPS



Milk Group

2 OR MORE SERVINGS



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Meat Group

2 OR MORE SERVINGS



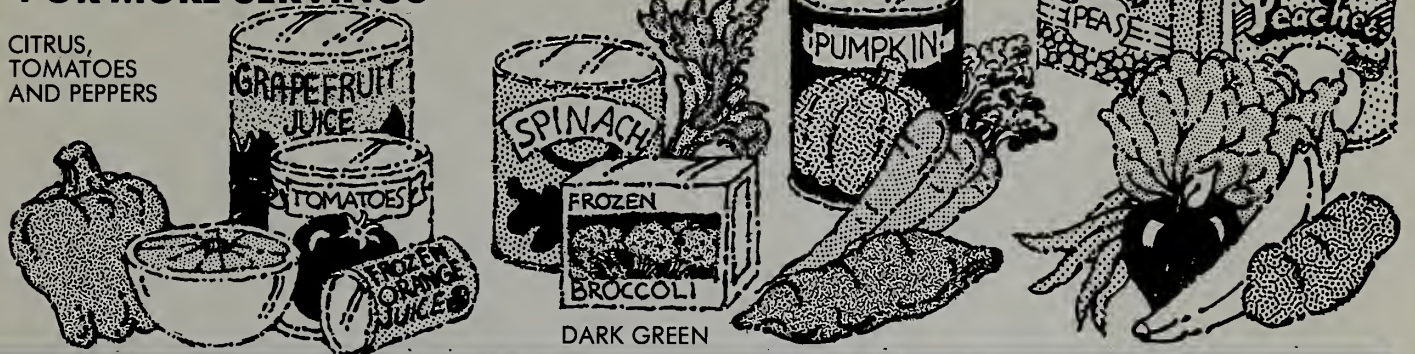
Vegetable-Fruit Group

4 OR MORE SERVINGS

CITRUS,
TOMATOES
AND PEPPERS

DEEP YELLOW

OTHERS



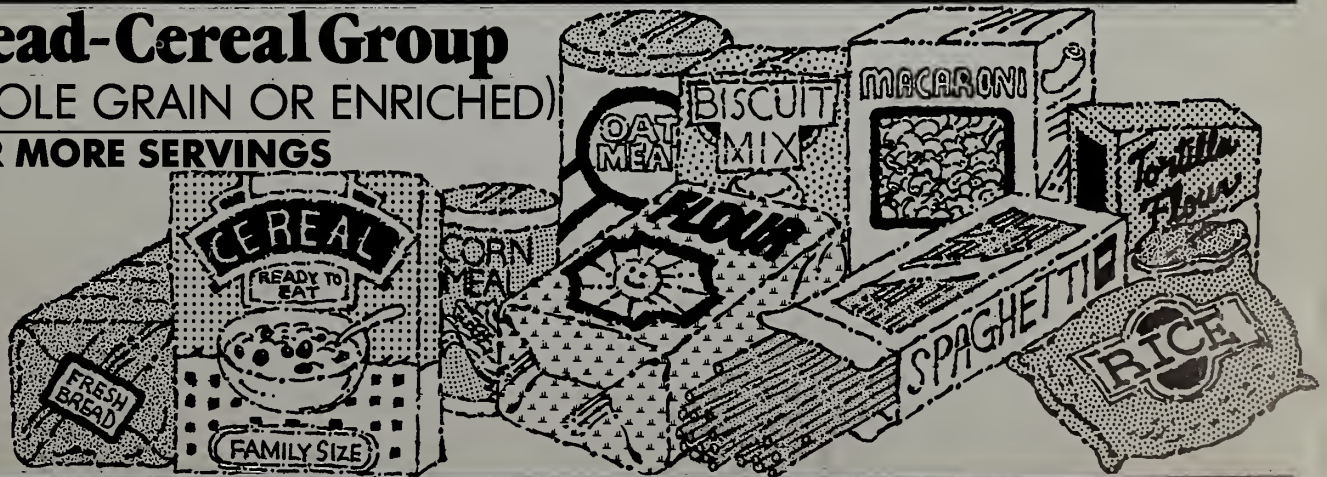
DARK GREEN



Bread-Cereal Group

(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS



CHOOSE EXTRA SERVINGS FROM THE FOUR FOOD GROUPS AND, AS NEEDED, OTHER FOODS SUCH AS BUTTER OR MARGARINE, SALAD DRESSINGS AND OILS, AND JAMS AND JELLIES TO ROUND OUT MEALS.

How to Count Daily Servings

FOLLOW THE FOOD GUIDE EVERY DAY!



Milk Group

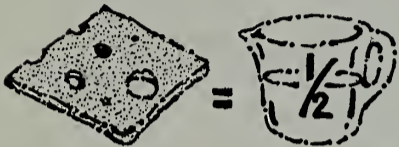
**COUNT AS A SERVING
1 CUP OF MILK**

CHEESE CAN BE USED
IN PLACE OF MILK
PART OF THE TIME.

COUNT MILK YOU
DRINK AND MILK
IN FOOD YOU EAT.

1 OUNCE
CHEESE

MILK



**THIS CHART SHOWS THE
NUMBER OF SERVINGS
EACH DAY FOR:**

CHILDREN UNDER 9 TO

CHILDREN 9-12 OR MORE

TEENAGERS OR MORE

ADULTS OR MORE

PREGNANT
WOMEN OR MORE

NURSING
MOTHERS OR MORE



Meat Group

2 OR MORE SERVINGS

COUNT AS A SERVING:*
2 OUNCES OF COOKED
LEAN MEAT, POULTRY,
OR FISH, SUCH AS —
A PIECE OF FISH A HAMBURGER PATTY



**YOU CAN USE IN PLACE OF
1/2 SERVING OF MEAT:**

OR 2 TABLESPOONS



Vegetable-Fruit Group

4 OR MORE SERVINGS

COUNT AS A SERVING:*

OR 1 PORTION, SUCH AS —



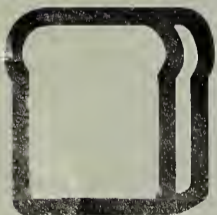
VEGETABLE OR FRUIT
(RAW OR COOKED)



OR



OR

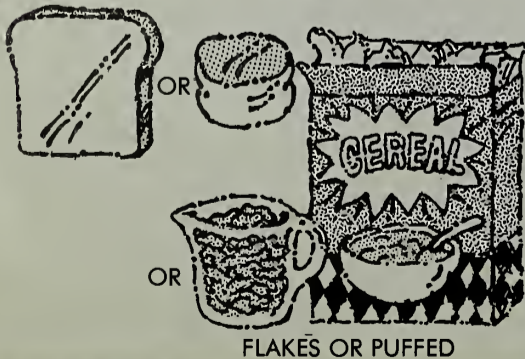


Bread-Cereal Group

(WHOLE GRAIN OR ENRICHED)

4 OR MORE SERVINGS

COUNT AS A SERVING:



FLAKES OR PUFFED



OR 1/2 TO 3/4 CUP OF COOKED

* SERVING SIZES MAY BE SMALLER FOR YOUNG CHILDREN.

† WHERE CHEESE IS USED IN PLACE OF MEAT, IT CANNOT BE USED IN PLACE OF MILK. (SEE MILK GROUP)