

(NC)
A75
34:112

DAILY FOOD GUIDE



some choices for thrifty families



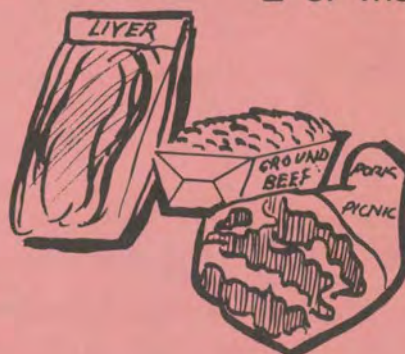
MILK GROUP

some for everyone



MEAT GROUP

2 or more servings



VEGETABLE - FRUIT GROUP

4 or more servings



Dark Green



Deep Yellow



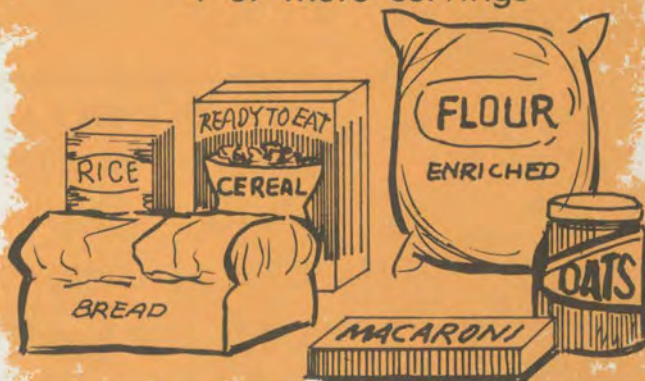
Citrus and Tomatoes



others

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







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







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

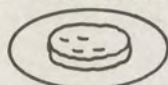
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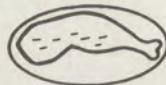
or more
SERVINGS

MEAT GROUP

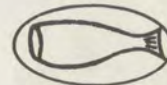
COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN MEAT,
POULTRY OR FISH — — SUCH AS





A HAMBURGER






OR A CHICKEN LEG



OR A FISH


ALSO-2 EGGS  

OR 1 CUP  COOKED DRY BEANS OR PEAS

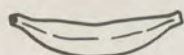
OR 4 TABLESPOONS    PEANUT BUTTER



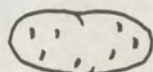
VEGETABLE-FRUIT GROUP

COUNT AS A SERVING ½ CUP  (RAW OR COOKED)

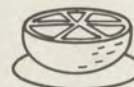
OR 1 PORTION SUCH AS



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



4

or more
SERVINGS

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