

GOAL COUPON 3 FOLLOW MYPYRAMID

Select the most nutritionally rich foods from each food group - those that pack in vitamins and minerals without a lot of calories, fat, or sugar.

Grains 1 ounce = $\frac{1}{2}$ cup cooked rice, pasta or cooked cereal; 1 ounce dry pasta or rice; 1 ounce slice bread or $\frac{1}{2}$ English muffin; 1 cup ready-to-eat cereal flakes; 3 cups popped popcorn

Fruits/Vegetables $\frac{1}{2}$ c = $\frac{1}{2}$ cup cut-up raw or cooked fruit or vegetable; 1 cup fruit or vegetable juice; 1 cup leafy salad greens; $\frac{1}{4}$ cup dried fruit; 1 small banana; 1 large orange (select more whole fruits rather than juice)

Meat/Beans 1 ounce = 1 ounce cooked extra lean meat (90% or more lean ground beef), poultry, fish, or lean luncheon meat; 1 egg; $\frac{1}{4}$ cup cooked dry beans or tofu; 1 tablespoon peanut butter; 2 tablespoons hummus; $\frac{1}{2}$ ounce nuts or seeds

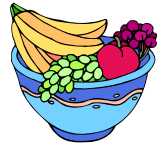
Milk 1 cup = 1 cup fat-free (skim) or low-fat (1%) milk or low-fat yogurt; 1 $\frac{1}{2}$ ounce natural cheese such as Swiss or cheddar; 2 ounces processed cheese

Oils = select canola, olive, peanut, safflower oil, soybean, corn, sunflower oils, or soft no trans fat tub margarines; this is the amount added during cooking or at the table

Alcohol = 12 oz. regular beer, 5 oz. wine, 1 $\frac{1}{2}$ oz. 80-proof distilled spirits; limit to 1/day for women or 2/day for men

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Fill out the chart on the back of this coupon with your recommended number of food group servings.



Record the food groups you eat each day in the chart. Copy to use for additional weeks.

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