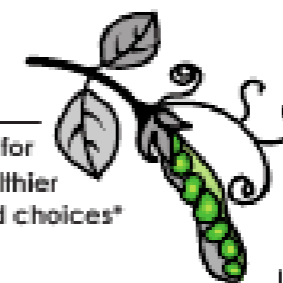







Serving Size Guidelines



fúdao food groups	Boy/Girl 3-8 years Avg. ht. and wt.*	Teenage Male/Female 13 years 50th percentile ht. & wt.** Moderate Exercise*	Female 35 years 5'5" tall, 150 lbs. Moderately Active*	Male/Female 65 Years 5'8" tall, 160 lbs. Low Activity*	What does one serving look like?	Tips for healthier food choices*
"germ fighting" veggies	2-4 servings minimum	 2-4 servings minimum	4 servings minimum	2-4 servings minimum	1/2 cup vegetables 1 cup raw leafy veggies	Fresh produce or frozen veggies are best.
"fruity fiber"	2-3 servings	 4 servings	4 servings	2-4 servings	1/2 cup fresh fruit 1/4 cup dried fruit 1/2 banana 1 small apple 1/2 cup 100% juice	Fresh produce is best. Look out for added sugar in canned fruit and fruit drinks.
"get you going" grains	4-5 servings	 6-7 servings	7 servings	6-7 servings	1 slice bread 1/2 cup pasta 1/2 cup oatmeal 1 cup cereal	Change to whole grain products, such as whole wheat bread, brown rice and whole wheat pasta.
proteins "build muscle"	2-4 servings	 2-4 servings	4 servings	2-4 servings	1 slice meat or tofu 1/4 cup beans 1 egg 2 Tbsp. peanut butter 1/2 cup nuts	Red meat is high in saturated fats. Tofu, poultry and beans are lower in fats.
dairy "grows strong bones"	2 servings	 2 servings	2 servings	2 servings	1 cup milk or soymilk 2 thin slices cheese 1 cup yogurt	Buy low fat or fat free dairy products.

Please remember:

Servings needed each day vary for each individual according to height, weight, gender, activity level and age. We recommend meeting with a dietician to talk over your own meal plan for your fúdao[®] Board or visiting www.mypyramid.gov. You can click on My Pyramid Plan to enter personal information and learn more about your servings needed from each food group per day.

Go ahead –
Fill up your fúdao[®] Board!

*Information is readily available on www.mypyramid.gov. Click on My Pyramid Plan.

**Information is readily available at www.cdc.gov/growthcharts

Notes to Self: