



Nutrition for Older Adults: What Counts From Each MyPyramid Food Group

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MyPyramid

MyPyramid is the best guide to help plan a healthful diet.

The amount of food you need to eat from each MyPyramid food group each day is based on your gender, age, and level of physical activity.

Suggested amounts of food from each MyPyramid food group each day for 2,000 calories are:

- 6 ounces of grains
- 2 ½ cups of vegetables
- 2 cups of fruit
- 3 cups of milk
- 5 ½ ounces of meat and beans
- 6 teaspoons of oil
- 267 discretionary calories (1 regular 12 ounce soda has 260 calories)
- Adults also need 6 to 8 cups of fluid per day

For your own diet plan go to www.mypyramid.gov.

Grain Group: Make Half Your Grains Whole

In general 1 ounce from the grains group is:

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup of cooked rice, cooked pasta, or cooked cereal

Vegetable Group: Vary Your Veggies

In general 1 cup from the vegetable group is:

- 1 cup of raw or cooked vegetables or vegetable juice
- 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group

Fruit Group: Focus on Fruits

In general 1 cup from the fruit group is:

- 1 cup of fruit or 100% fruit juice
- ½ cup of dried fruit

Milk Group: Get Your Calcium-Rich Foods

In general 1 cup from the milk group is:

- 1 cup of milk or yogurt
- 1 ½ ounces of natural cheese
- 2 ounces of processed cheese

Meat and Bean Group: Go Lean with Protein

In general 1 ounce from the meat and beans group is:

- 1 ounce of meat, poultry or fish
- ¼ cup cooked dry beans

- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds

Portion Size Guides

The following are guides for portion sizes.

- 1 cup is about the size of a baseball
- ½ cup is about the size of racquet ball
- 2 tablespoons is about the size of a golf ball
- 1 teaspoon is about the size of one dice
- 1 ½ ounces of cheese is about the size of 9 volt battery
- 3 ounces of meat, poultry or fish is about the size of a deck of playing cards

Sources

United State Department of Agriculture. MyPyramid: Steps to a Healthier You. Accessed at www.mypyramid.gov, 2005.

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