



The Food Guide Pyramid has Sabor!¹

Jennifer Hillan²

Traditional Hispanic and Latino foods fit in the Food Guide Pyramid. Share the pleasure of family meals by eating a variety of foods from each food group. Use the Pyramid to combine traditional foods with new foods!

Breads, Cereal, Rice, and Pasta Group (6-11 servings daily)

This group is the base of the Pyramid. These foods provide energy and many vitamins and minerals that are important for good health.

Tips for Healthy Eating:

- ✓ Choose whole-grain foods often since they are good sources of fiber.
- ✓ Go easy on doughnuts and sweet rolls. Instead, choose lower-fat and lower-sugar breads like bagels or English muffins.

One serving = 1 slice of bread; ½ cup of cooked rice, pasta, or cereal; ½ hamburger or hotdog bun; ½ small bagel; a 6-inch diameter tortilla (about the size of a small plate); a 2-inch square piece of cornbread.

Vegetable Group (3 or more servings daily)

Vegetables are rich in many nutrients. Enjoy dark green and deep yellow-orange vegetables often, such as calabaza, carrots, greens, pumpkin, and sweet potatoes.

Tips for Healthy Eating:

- ✓ Try darker salad greens such as spinach or romaine lettuce instead of iceberg.

One serving = ½ cup of cooked vegetables; 1 cup of leafy raw vegetables; ¾ cup of low-sodium vegetable juice; 1 small potato.

♥ Eating 5 or more servings of vegetables and fruits every day may help to reduce the risk for heart disease and some types of cancer. Convenient canned and frozen vegetables and fruits can help you meet your 5-a-Day goal!

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Fruit Group (2 or more servings daily)



Enjoy a variety of fruits each day. They are full of many vitamins and minerals. Mangoes and cantaloupes have beta-carotene. Citrus fruits, bell peppers, papayas, and guava have vitamin C. Some fruits, such as those with edible seeds or skins, also have fiber.

Tips for Healthy Eating:

- ✓ When choosing canned fruit, select fruit packed in natural juice or light syrup to cut down on calories.
- ✓ Choose 100% fruit juice with no added sugar. Fruit drinks and punches are not part of the fruit group.

One serving = 1 medium fruit; ½ cup of grapes, berries, or canned fruit; ¼ cup dried fruit; ¾ cup of 100% fruit juice.

Milk, Yogurt, and Cheese Group (2-3 servings daily)

Foods from this group are rich in protein, calcium, and riboflavin. Milk also has vitamin D, which is important for healthy bones.



Tips for Healthy Eating:

- ✓ Choose 1% or fat-free milk for less fat and calories.
- ✓ If you are lactose intolerant, try lactose-free milk or calcium-fortified soy milk.

One serving = 1 cup of milk; 1 cup of yogurt; 1½ to 2 ounces of cheese (about the size of a 9-volt battery).

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (2-3 servings daily)



This group has protein and many vitamins and minerals including B vitamins, iron, and zinc. Dried beans and peas also have fiber.

Tips for Healthy Eating:

- ✓ Choose lean cuts of beef and pork. Look for *loin* or *round* in the name.
- ✓ Try baking, broiling, or grilling.
- ✓ Trim visible fat before cooking.
- ✓ Remove skin from poultry before eating.

One serving = 2 to 3 ounces of cooked lean meat, poultry, or fish (about the size of a deck of cards). Count 1 egg, ½ cup cooked dried beans, ⅓ cup nuts, or 2 tbsp peanut butter as 1 ounce of meat.

Fats, Oils, and Sweets (use sparingly)

The tip of the Pyramid includes foods such as candy, soft drinks, sweetened drinks, bacon, cream, cream cheese, mayonnaise, salad dressings, oils, butter, shortening, and margarine. Go easy on these foods because they are high in fat, calories, and sugar. They don't have enough nutrients to be part of the five basic food groups.

Tips for Healthy Eating:

- ✓ Try low-fat or fat-free salad dressings, cream cheese, and mayonnaise.
- ✓ Choose tub or squeeze margarines with liquid vegetable oil as the first ingredient.