



The Food Guide Pyramid has Soul!¹

Jennifer Hillan²

Traditional African-American 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!

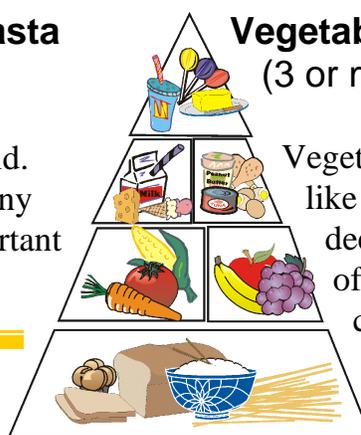
Breads, Cereal, Rice, and Pasta Group (6-11 servings daily)

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 croissants and sweet rolls. Instead, choose lower-fat and lower-sugar breads like bagels.

One serving = 1 slice of bread; ½ cup of cooked grits, pasta, rice, or cereal; ½ hamburger or hotdog bun; ½ small bagel; a 2½ inch diameter biscuit (about the size of a hockey puck); a 2-inch square piece of cornbread.



Vegetable Group (3 or more servings daily)

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

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.

♥ 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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2. Jennifer Hillan, MSH, RD, LD/N, coordinator, Educational/Training Programs, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, 32611.

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Fruit Group (2 or more servings daily)



Enjoy a variety of fruits each day. They are good sources of many vitamins and minerals. Peaches and cantaloupes have beta-carotene. Citrus fruits and strawberries 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. 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, buttermilk, or lactose-free milk; 1 cup of yogurt; 1½ to 2 ounces of cheese (about the size of a 9-volt battery); 2 cups of cottage cheese.

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 poultry skin 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)

Go easy on these foods from the tip of the Pyramid because they are high in calories, fat, and sugar. They don't have enough nutrients to be part of the five basic food groups.

Chitterlings, bacon, fat back, hog jowls, and pigs feet are often eaten as meats in the African-American diet. However, they belong in the Pyramid's tip because they are very high in fat and low in vitamins and minerals. Limit these foods and learn to use leaner meat products instead. How about turkey or chicken, or Canadian bacon?