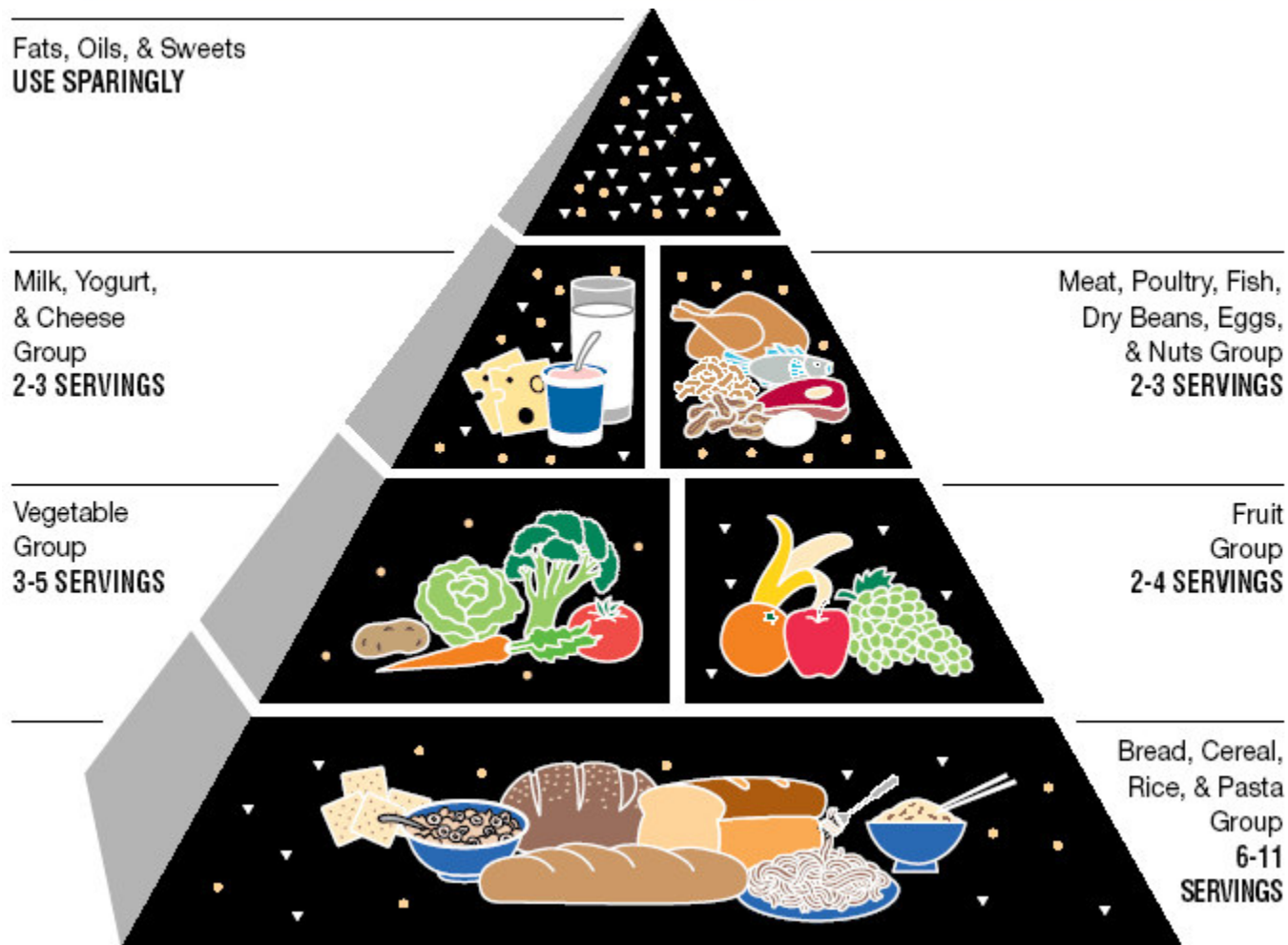


ToneTeen.com - Tools & Charts
The Food Pyramid



What's in a serving?

Milk

- 1 cup of milk
- 1 cup of yogurt
- 1-2 oz. of cheese

Meat

- 3 oz. of meat, chicken, fish
- 1 egg
- 1/2 cup cooked dry beans

Vegetables

- 1 cup leafy veggies
- 1/2 cup cooked veggies
- 3/4 cup veggie juice

Fruit

- 1 whole apple
- 1/2 cup chopped fruit
- 3/4 cup fruit juice

Breads

- 1 slice of bread
- 1 cup of cereal
- 1 cup of pasta