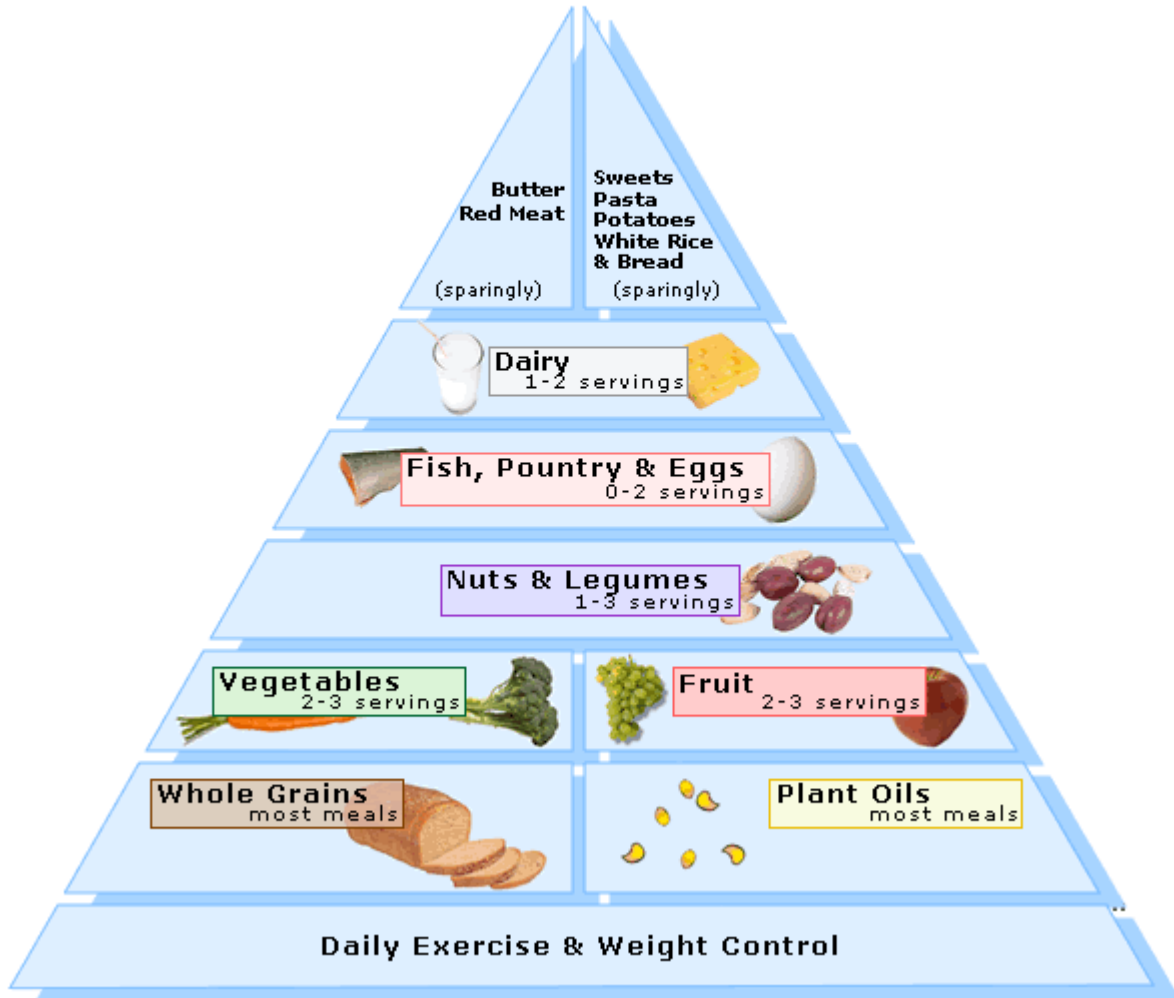


ToneTeen.com - Tools & Charts

The Food Pyramid

Adapted from: Harvard School of Public Health's Healthy Eating Pyramid



What's in a serving?

Dairy

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

Fish, Poultry, Eggs

3 oz. of cooked chicken
3 oz. of grilled/baked fish
1 egg

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

Whole Grains

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

Plant Oils

1 tablespoon of olive oil
2 tablespoons peanut butter