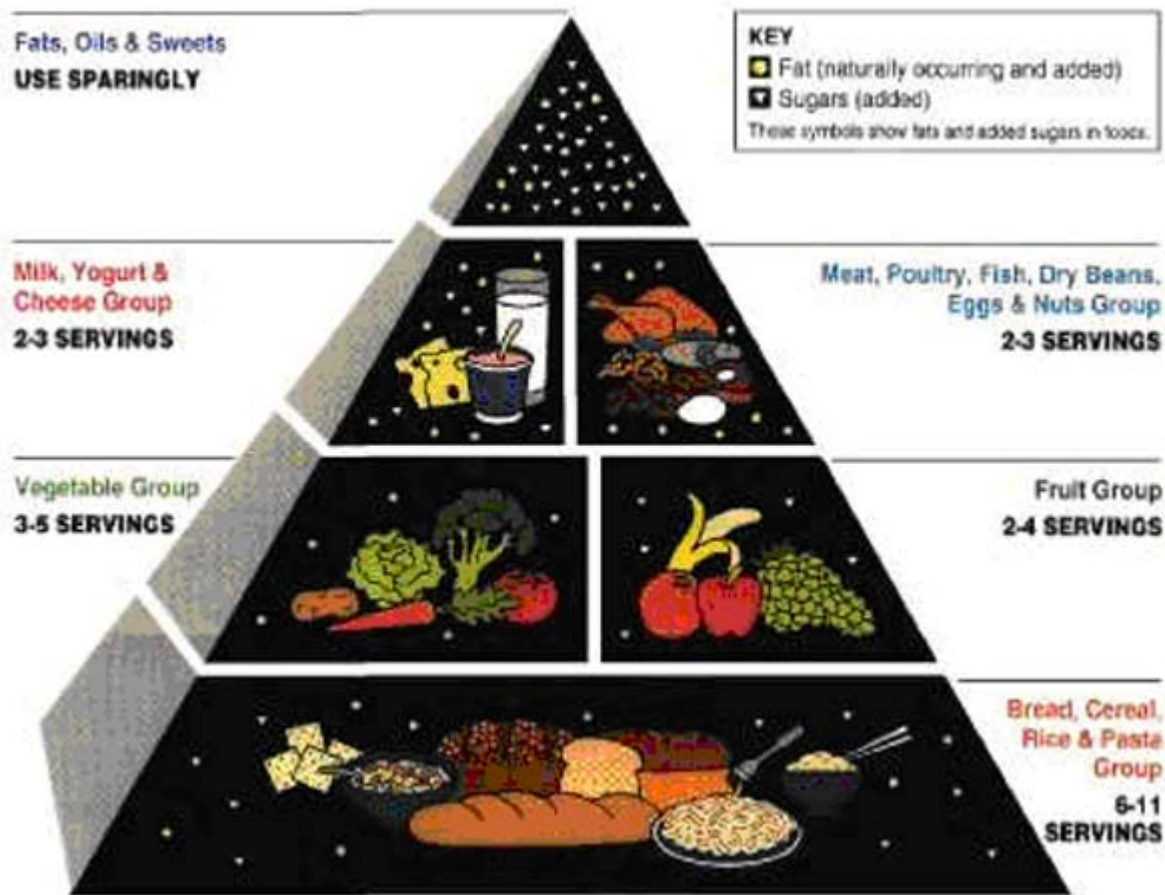


## Food Pyramid: Basic Food Groups for a Healthy Diet



Eating a diet containing the correct amounts of all the food groups is important to your health. The *five* major food groups are shown on the Food Guide Pyramid above. Each of these food groups provides some, but not all, of the nutrients you need daily. You should center your diet around the foods at the *base* of the pyramid, and you should eat less of the foods at the *top* of the pyramid.

If you're watching your weight, eat the *minimum* number of recommended servings. If you need to gain weight, eat the *maximum* number of servings. For any diet, try to choose nonfat and lean groups as often as possible and choose foods without a lot of added sugar. For example, choose nonfat or 1% milk instead of whole milk; choose lean meat instead of fatty meat. Choose breads and cereal that are not processed with a lot of fat and that have very little sugar, corn syrup or other sweeteners added. By using the Food Guide Pyramid as a model, you can maintain your weight and your health.

**Instructions:** Finding details quickly when you read is called *scanning*. To scan for details look for titles, numbers and words in *italics* or **bold** letters. **Scan** the reading to find the answers to these questions.

1. How many major food groups are there? What are they?
2. Should you eat the *minimum* or *maximum* amount if you're trying to gain weight?
3. From which two food groups should you plan to eat 2 to 3 servings each?
4. Which food group should you eat 6 to 11 servings of daily?
5. Which food group should you eat 3 to 5 servings of?