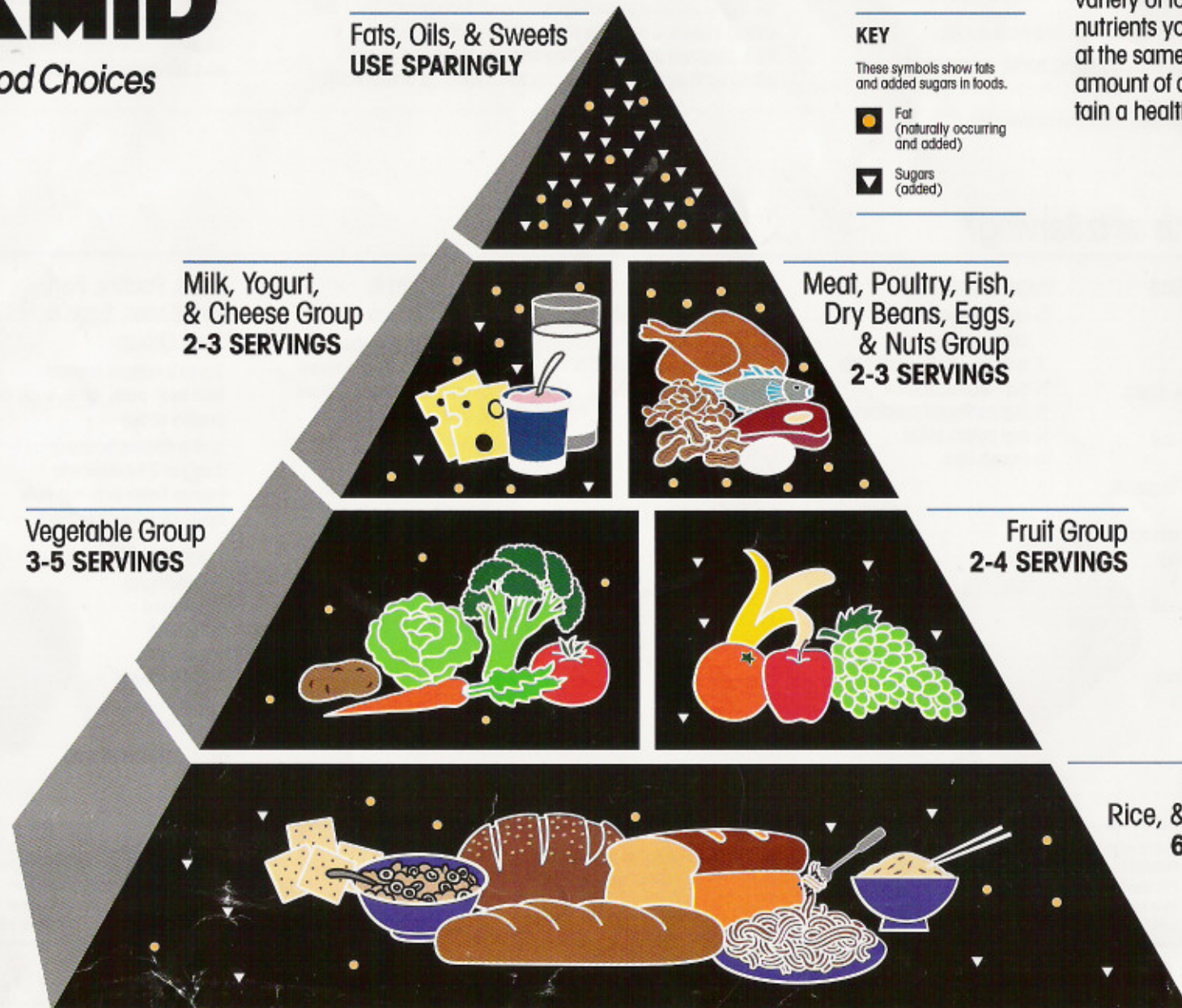


# FOOD GUIDE PYRAMID

*A Guide to Daily Food Choices*

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.



The **Food Guide Pyramid** emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another—for good health, you need them all.

## Water-Soluble Vitamins

Vitamin/Functions	Food Sources
<p><i>Thiamin</i></p> <ul style="list-style-type: none"> <li>❖ Helps turn carbohydrates into energy</li> <li>❖ Needed for muscle coordination and a healthy nervous system</li> </ul>	<ul style="list-style-type: none"> <li>❖ Enriched and whole grain breads and cereals</li> <li>❖ Dry beans and peas</li> <li>❖ Lean pork</li> </ul>
<p><i>Riboflavin</i></p> <ul style="list-style-type: none"> <li>❖ Helps the body release energy from carbohydrates, fats, and proteins</li> </ul>	<ul style="list-style-type: none"> <li>❖ Enriched and whole grain breads and cereals</li> <li>❖ Milk products</li> <li>❖ Some vegetables</li> <li>❖ Dry beans and peas</li> <li>❖ Meat, poultry, fish</li> </ul>
<p><i>Niacin</i></p> <ul style="list-style-type: none"> <li>❖ Helps the body release energy from carbohydrates, fats, and proteins</li> <li>❖ Needed for a healthy nervous system and mucous membranes</li> </ul>	<ul style="list-style-type: none"> <li>❖ Meat, poultry, fish</li> <li>❖ Liver and kidneys</li> <li>❖ Enriched and whole grain breads and cereals</li> <li>❖ Dry beans and peas, peanuts</li> </ul>
<p><i>Vitamin B6</i></p> <ul style="list-style-type: none"> <li>❖ Helps the body use carbohydrates, fats, and proteins</li> <li>❖ Needed for a healthy nervous system and mucous membranes</li> <li>❖ Helps protect against infection</li> </ul>	<ul style="list-style-type: none"> <li>❖ Poultry, fish, meat</li> <li>❖ Dry beans and peas</li> <li>❖ Whole wheat products</li> <li>❖ Some fruits and vegetables</li> <li>❖ Liver</li> </ul>
<p><i>Vitamin B12</i></p> <ul style="list-style-type: none"> <li>❖ Helps the body use carbohydrates, fats, and proteins</li> <li>❖ Helps build red blood cells and form genetic material</li> <li>❖ Needed for a healthy nervous system</li> </ul>	<ul style="list-style-type: none"> <li>❖ Found only in animal foods, such as meat, poultry, fish, shellfish, eggs, and dairy products</li> </ul>
<p><i>Folate</i> (<i>Folacin, Folic acid</i>)</p> <ul style="list-style-type: none"> <li>❖ Helps build red blood cells and form genetic material</li> </ul>	<ul style="list-style-type: none"> <li>❖ Fruits</li> <li>❖ Enriched and whole wheat breads</li> <li>❖ Dark green, leafy vegetables</li> <li>❖ Dry beans and peas</li> <li>❖ Liver</li> </ul>
<p><i>Pantothenic acid</i></p> <ul style="list-style-type: none"> <li>❖ Helps the body release energy from carbohydrates, fats, and proteins</li> <li>❖ Helps the body produce cholesterol</li> <li>❖ Needed for healthy nerves</li> </ul>	<ul style="list-style-type: none"> <li>❖ Meat</li> <li>❖ Dairy products</li> <li>❖ Eggs</li> <li>❖ Dry beans and peas</li> <li>❖ Whole grain breads and cereals</li> <li>❖ Dark green, leafy vegetables</li> </ul>
<p><i>Biotin</i></p> <ul style="list-style-type: none"> <li>❖ Helps the body make fatty acids and use carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dark green, leafy vegetables</li> <li>❖ Nuts</li> <li>❖ Liver, kidney</li> <li>❖ Egg yolk</li> </ul>

### Water-Soluble Vitamins (continued)

Vitamin/Functions	Food Sources
<p><i>Vitamin C (Ascorbic acid)</i></p> <ul style="list-style-type: none"> <li>❖ Helps maintain healthy capillaries, bones, skin, and teeth</li> <li>❖ Helps the body heal wounds and resist infections</li> <li>❖ Aids in absorption of iron</li> <li>❖ Helps form collagen, which gives structure to bones, cartilage, muscle, and blood vessels</li> <li>❖ Protects other nutrients from damage by oxygen</li> </ul>	<ul style="list-style-type: none"> <li>❖ Fruits and vegetables, such as citrus fruits, cantaloupes, kiwis, mangos, papayas, cabbage, kale, plantains, potatoes, tomatoes</li> </ul>

### Fat-Soluble Vitamins

Vitamin/Functions	Food Sources
<p><i>Vitamin A</i></p> <ul style="list-style-type: none"> <li>❖ Helps ward off infections</li> <li>❖ Helps form and maintain healthy skin, hair, mucous membranes, bones, and teeth</li> <li>❖ Essential for reproduction</li> <li>❖ Needed for normal vision, especially in dim light</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dairy products</li> <li>❖ Liver</li> <li>❖ Egg yolk</li> <li>❖ Food high in beta carotene (see below)</li> </ul>
<p><i>Vitamin D</i></p> <ul style="list-style-type: none"> <li>❖ Helps the body use calcium and phosphorus</li> <li>❖ Helps body build strong bones and teeth</li> </ul>	<ul style="list-style-type: none"> <li>❖ Fortified milk</li> <li>❖ Egg yolk</li> <li>❖ Fatty fish, such as salmon and mackerel</li> <li>❖ Liver</li> </ul>
<p><i>Vitamin E</i></p> <ul style="list-style-type: none"> <li>❖ Protects other nutrients from damage by oxygen</li> <li>❖ Helps form red blood cells and muscles</li> </ul>	<ul style="list-style-type: none"> <li>❖ Vegetable oils</li> <li>❖ Whole grain breads and cereals; wheat germ</li> <li>❖ Dark green, leafy vegetables</li> <li>❖ Dry beans and peas, peanuts</li> <li>❖ Nuts and seeds</li> </ul>
<p><i>Vitamin K</i></p> <ul style="list-style-type: none"> <li>❖ Necessary for normal blood clotting</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dark green, leafy vegetables</li> <li>❖ Cauliflower, cabbage, turnips</li> <li>❖ Egg yolks</li> <li>❖ Liver</li> </ul>
Provitamin/Functions	Food Sources
<p><i>Beta Carotene</i></p> <ul style="list-style-type: none"> <li>❖ Used by the body to make vitamin A</li> <li>❖ Protects other nutrients from damage by oxygen</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dark green, leafy vegetables, such as broccoli</li> <li>❖ Deep yellow-orange vegetables, such as sweet potatoes</li> <li>❖ Deep yellow-orange fruits, such as mangoes</li> </ul>

## Trace Minerals

Mineral/Functions	Food Sources
<p><i>Iron</i></p> <ul style="list-style-type: none"> <li>❖ Helps carry oxygen in the blood</li> <li>❖ Helps the cells use oxygen</li> </ul>	<ul style="list-style-type: none"> <li>❖ Meat, fish, shellfish</li> <li>❖ Egg yolk</li> <li>❖ Dark green, leafy vegetables</li> <li>❖ Dry beans and peas</li> <li>❖ Enriched or whole grain products</li> <li>❖ Dried fruits</li> </ul>
<p><i>Iodine</i></p> <ul style="list-style-type: none"> <li>❖ Responsible for the body's use of energy</li> </ul>	<ul style="list-style-type: none"> <li>❖ Saltwater fish</li> <li>❖ Iodized salt</li> <li>❖ Dairy products</li> <li>❖ Bakery products</li> </ul>
<p><i>Copper</i></p> <ul style="list-style-type: none"> <li>❖ Helps iron make red blood cells</li> <li>❖ Helps keep bones, blood vessels, and nerves healthy</li> <li>❖ Helps the heart work properly</li> </ul>	<ul style="list-style-type: none"> <li>❖ Whole grain products</li> <li>❖ Shellfish</li> <li>❖ Organ meats</li> <li>❖ Dry beans and peas</li> <li>❖ Nuts and seeds</li> <li>❖ Potatoes and sweet potatoes</li> </ul>
<p><i>Zinc</i></p> <ul style="list-style-type: none"> <li>❖ Helps the body make proteins, heal wounds, and form blood</li> <li>❖ Helps in growth and maintenance of all tissues</li> <li>❖ Helps the body use carbohydrates, fats, and proteins</li> <li>❖ Affects the senses of taste and smell</li> <li>❖ Helps the body use vitamin A</li> </ul>	<ul style="list-style-type: none"> <li>❖ Meat, liver, poultry, fish, shellfish</li> <li>❖ Dairy products</li> <li>❖ Dry beans and peas, peanuts</li> <li>❖ Whole grain breads and cereals</li> <li>❖ Eggs</li> </ul>
<p><i>Selenium</i></p> <ul style="list-style-type: none"> <li>❖ Helps the heart work properly</li> <li>❖ Protects cells from damage by oxygen</li> </ul>	<ul style="list-style-type: none"> <li>❖ Whole-grain breads and cereals</li> <li>❖ Vegetables (amount varies with content in soil)</li> <li>❖ Meat, organ meats, fish, shellfish</li> </ul>
<p><i>Fluoride</i></p> <ul style="list-style-type: none"> <li>❖ Helps strengthen teeth and prevent cavities</li> </ul>	<ul style="list-style-type: none"> <li>❖ In many communities, small amounts are added to the water supply to help improve dental health</li> </ul>

## Macrominerals

Mineral/Functions	Food Sources
<p><i>Calcium</i></p> <ul style="list-style-type: none"> <li>❖ Maintains bone strength; helps prevent osteoporosis</li> <li>❖ Helps regulate body processes such as blood clotting and nerve activity</li> <li>❖ Needed for muscle contraction, including the heart</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dairy products</li> <li>❖ Canned fish eaten with the bones</li> <li>❖ Dry beans, peas, and lentils</li> <li>❖ Dark green, leafy vegetables such as broccoli, spinach, and turnip greens</li> <li>❖ Grain products</li> </ul>
<p><i>Phosphorus</i></p> <ul style="list-style-type: none"> <li>❖ Works with calcium to build strong bones and teeth</li> <li>❖ Helps release energy from carbohydrates, fats, and proteins</li> <li>❖ Helps build body cells and tissues</li> </ul>	<ul style="list-style-type: none"> <li>❖ Meat, poultry, fish</li> <li>❖ Dry beans and peas</li> <li>❖ Dairy products</li> <li>❖ Grain products</li> </ul>
<p><i>Magnesium</i></p> <ul style="list-style-type: none"> <li>❖ Helps build bones and make proteins</li> <li>❖ Helps nerves and muscles work normally</li> <li>❖ Helps regulate body temperature</li> </ul>	<ul style="list-style-type: none"> <li>❖ Whole grain products</li> <li>❖ Dark green, leafy vegetables</li> <li>❖ Dry beans and peas</li> <li>❖ Nuts and seeds</li> </ul>

## Electrolytes

Mineral/Functions	Food Sources
<p><i>Sodium</i></p> <ul style="list-style-type: none"> <li>❖ Helps maintain the fluid balance in the body</li> <li>❖ Helps with muscle and nerve action</li> </ul>	<ul style="list-style-type: none"> <li>❖ Salt</li> <li>❖ Many foods</li> </ul>
<p><i>Chloride</i></p> <ul style="list-style-type: none"> <li>❖ Helps maintain the fluid balance in the body</li> </ul>	<ul style="list-style-type: none"> <li>❖ Salt</li> </ul>
<p><i>Potassium</i></p> <ul style="list-style-type: none"> <li>❖ Helps maintain the fluid balance in the body</li> <li>❖ Helps maintain the heartbeat</li> <li>❖ Helps with muscle and nerve action</li> </ul>	<ul style="list-style-type: none"> <li>❖ Fruits such as bananas and oranges</li> <li>❖ Vegetables</li> <li>❖ Meat, poultry, fish</li> <li>❖ Dry beans and peas</li> <li>❖ Dairy products</li> </ul>