

The Food Pyramid

Eating well is important to your health and your recovery. The USDA'S MyPyramid is your personal guide to healthy eating and physical activity.



Grains	Vegetables	Fruits	Oils	Milk	Meat/Beans
Food made from wheat, rice, oats, cornmeal, barley or another cereal grain, such as bread, pasta, oatmeal, breakfast cereals, tortillas and grits.	Fresh, frozen, canned or dried. Get lots of dark green veggies, pick plenty of orange veggies, eat dry beans and peas, include tomatoes, potatoes and corn, or eggplant, parsnips or artichokes.	Fruits may be fresh, frozen, canned or dried or 100% fruit juice. Pick a variety of colorful fruits from apples and bananas to mangos, kiwi, apricots, grapes and berries.	Vegetable cooking oils, oil found naturally nuts, olives, avocados and some fish, and foods made with oil such as mayonnaise, salad dressing and soft margarine.	Milk, cheese and yogurt provide nine essential nutrients such as calcium, potassium, vitamin D and protein.	Meat, poultry, fish, dry beans and peas, eggs, nuts and seeds. Choose lean meats and skinless poultry most often. Look for leaner beef with the words "loin" or "round" in the name.