

PYRAMID POWER FOOD BAG

Use this chart to help create your Pyramid Power food bag.

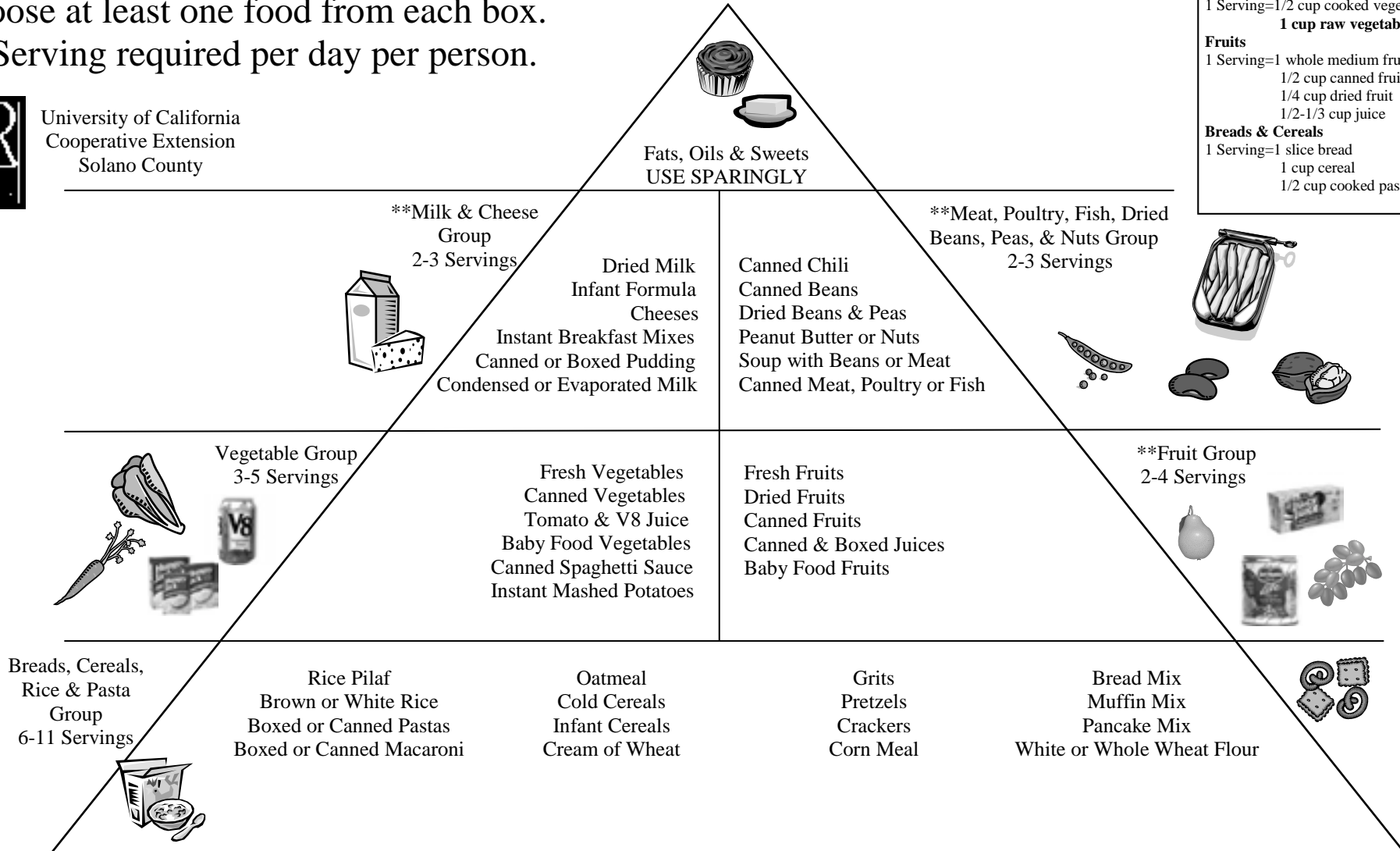
Choose at least one food from each box.

** Serving required per day per person.



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Solano County

SERVING SIZES	
Milk & Milk Products	
1 Serving=	8 oz. milk
	2 slices cheese
Meat & Meat Alternatives	
1 Serving=	2-3 oz. cooked meat, poultry or fish
	1 cup cooked dried beans
Vegetables	
1 Serving=	1/2 cup cooked vegetables
	1 cup raw vegetables
Fruits	
1 Serving=	1 whole medium fruit
	1/2 cup canned fruit
	1/4 cup dried fruit
	1/2-1/3 cup juice
Breads & Cereals	
1 Serving=	1 slice bread
	1 cup cereal
	1/2 cup cooked pasta



Created by Jennifer Webb (CSU, Northridge) in cooperation with Shirley Peterson, MS, RD (Extension Advisor-Ventura County). Adapted from the Pennsylvania Dietetic Association. Revised by the UC Cooperative Extension-Solano County.

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