

# MyFIT Pyramid – Servings of Each Food Group My Body Needs



**Breads, Cereals and Grains:**

**Vegetables:**

**Fruits:**

**Milk and Milk Products:**

**Meat and Meat Alternatives:**

**Servings Needed:**

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**1 serving=**

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1 slice bread  
1/2 c cereal, rice, pasta  
1/2 mini bagel, roll, bun

1/2 c raw or cooked vegetables  
1 c salad, green leafy

1/2 c fruit  
4-6oz 100% fruit juice

8 oz milk  
8 oz yogurt  
1 oz cheese

2-3 oz meat, fish poultry  
2 tbs peanut butter  
2 eggs

Food Group	Servings Eaten Today	Servings Goal	Eat More Servings	Eat Fewer Servings
Bread				
Vegetables				
Fruit				
Milk & Milk Products				
Meat & Meat Alternatives				
Extras				
Scores				