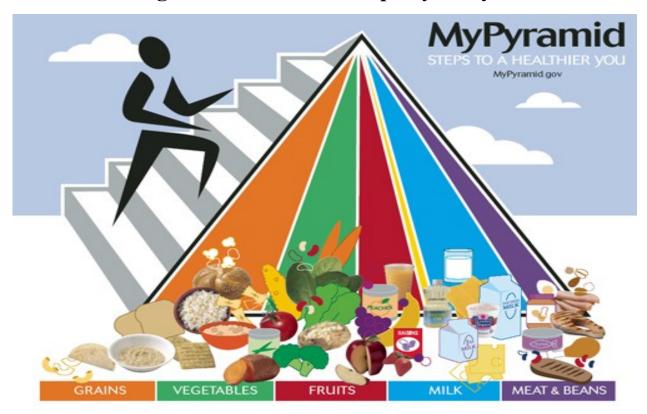
MyFIT Pyramid – Servings of Each Food Group My Body Needs



Breads, Cereals and Grains:

Fruits:

Milk and Milk Meat and Meat Products:

Alternatives:

Servings Needed:

1 serving= 1 serving= 1 serving= 1 serving= 1 serving= 1 slice bread 1/2 c raw or cooked 1/2 c fruit 8 oz milk 2-3 oz meat, fish 1/2 c cereal, rice, pasta vegetables 4-6oz 100% 8 oz yogurt poultry 2 tbs peanut butter 1/2 mini bagel, roll, bun 1 c salad, green leafy fruit juice 1 oz cheese 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				



