Mayo Clinic Healthy Weight Pyramid™

Daily serving recommendations for various calorie levels

	1,200	1,400	1,600	1,800	2,000
Sweets Candy and other processed sweets	Up to 75 calories daily				
Fats Olive oil, nuts, canola oil, avocados	3	3	3	4	5
Protein/Dairy Beans, fish, lean meat, low-fat dairy	3	4	5	6	7
Carbohydrates Whole grains — pasta, bread, rice, cereals	4	5	6	7	8
Fruits Choose a wide variety of fruits	3 or more	4 or more	5 or more		
Vegetables Choose a wide variety of vegetables	4 or more	4 or more	5 or more		

Introduction to serving sizes

An important part of eating healthy is understanding how much of a particular food makes up a serving. Many people envision servings to be larger than they are, and they eat more than they should. This chart provides some visual clues to help you gauge serving sizes.

Vegetables • 1 cup broccoli • 2 cups raw, leafy greens	**Visual cue** 1 baseball 2 baseballs
Fruits • $\frac{1}{2}$ cup sliced fruit • 1 small apple or medium orange	**Visual cue** Tennis ball
Carbohydrates • $\frac{1}{2}$ cup pasta, rice or dried cereal • $\frac{1}{2}$ bagel • 1 slice whole-grain bread	**Visual cue** Hockey puck
Protein/Dairy • $2\frac{1}{2}$ ounces chicken or fish • $1\frac{1}{2}$ ounces beef • 2 ounces low-fat hard cheese	**Visual cue** Deck of cards $\frac{1}{2}$ deck of cards 4 dice
Fats • $1\frac{1}{2}$ teaspoons peanut butter • 1 teaspoon butter or margarine	**Visual cue** 2 dice 1 die

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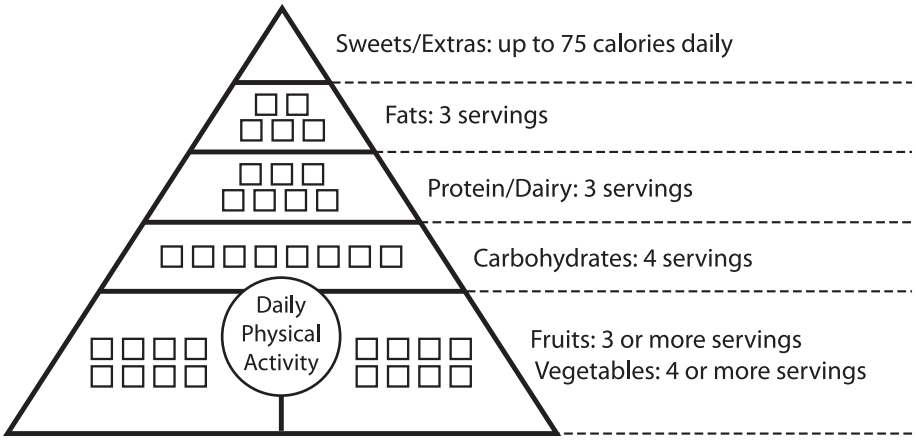
Daily dining record

Use the following daily dining record in conjunction with the food group and serving size list, to keep track of what and how much you eat. Then, check the boxes inside the pyramid below and compare the servings you ate with your daily serving goals. Congratulate yourself for a job well done, or commit to adjustments tomorrow.

Meal	Food	Amount	Servings	Food groups
Breakfast	*oatmeal*	*1/2 cup*	*1*	*carbohydrate*
Snack				
Lunch				
Snack				
Dinner				
Snack				

Servings recommended are for a 1,200-calorie plan; add more servings for higher calorie levels as shown on the other side of this page.



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