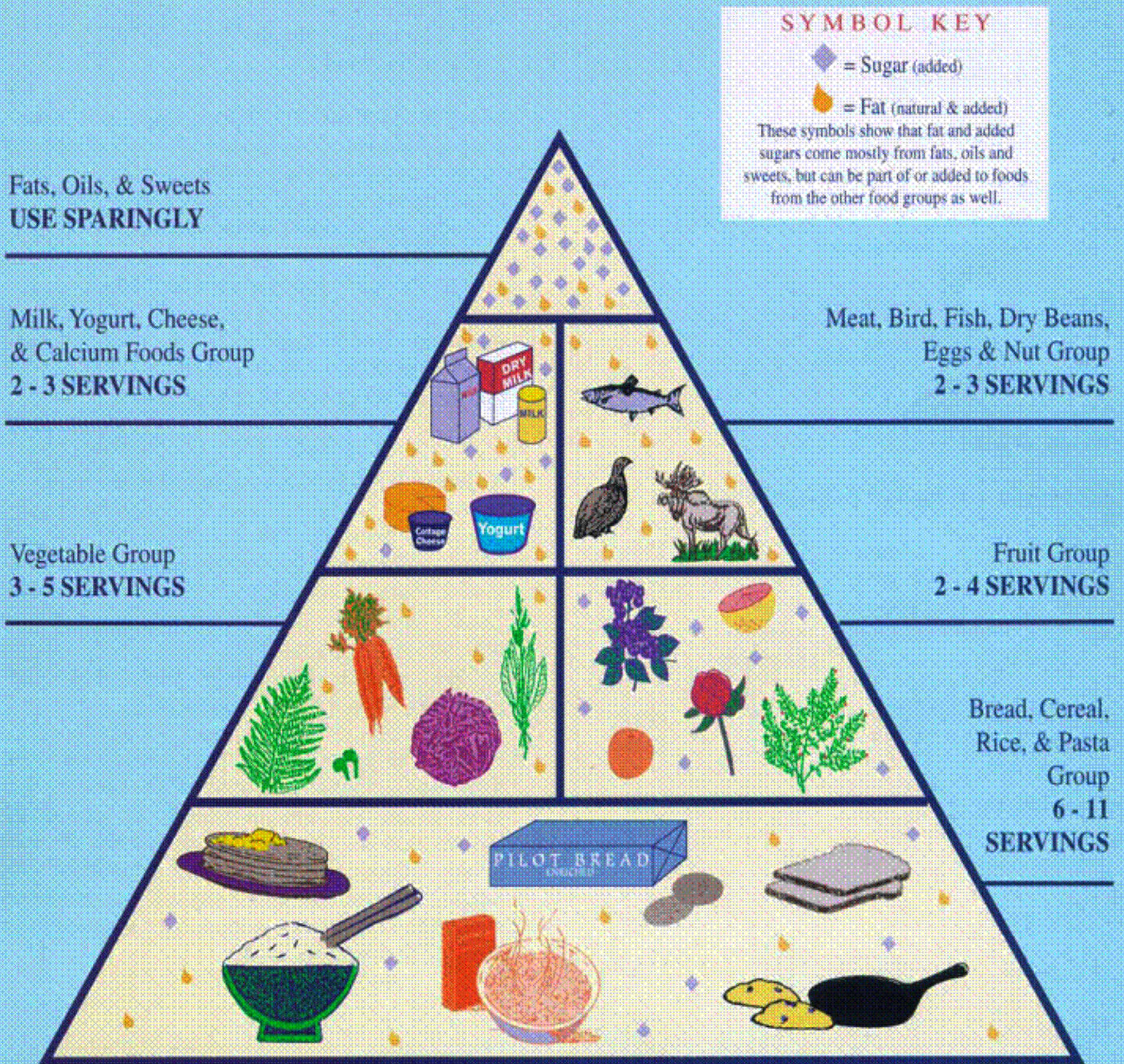


# ALASKA'S FOOD GUIDE PYRAMID

## *A Guide to Daily Food Choices*



Use the Food Guide Pyramid to help you eat better every day... the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another - for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

The information in this handout was adapted from the USDA's **Food Guide Pyramid**, U.S. Department of Agriculture, Human Nutrition Information Service, 1992.