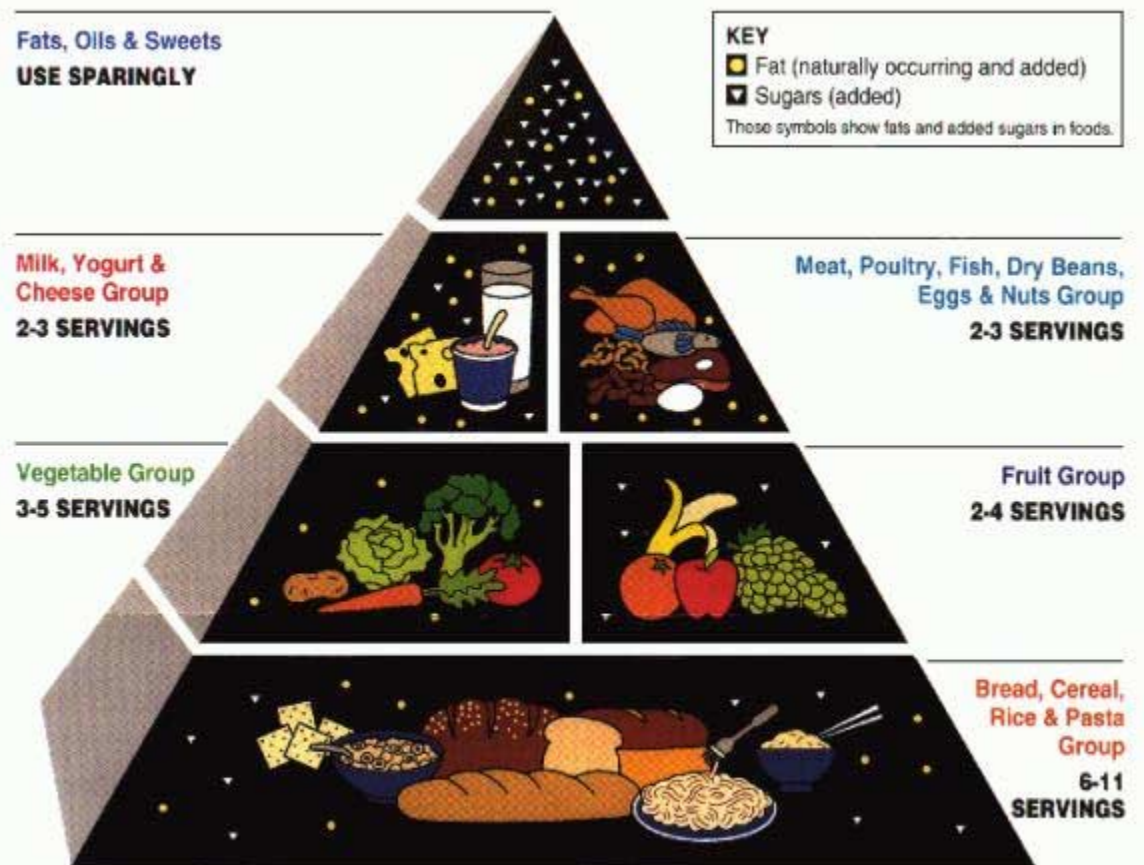


Around World War I nutritionists realize that our men weren't very well nourished so they decided to set up a food plan for us to follow. They started with the Basic 7 as I recall, which was used for years. But it has changed several times since then and each time they changed it, it came closer and closer to God's nutritional plan. The latest is the Food Guide Pyramid which I have included. It is very close to what the Lord suggested, indicating that the Lord knew what He was talking about:

THE FOOD GUIDE PYRAMID

Number of servings per day



The *five* major food groups are shown on the Food Guide Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need daily.

Center your diet around the foods at the *base* of the Pyramid, and eat less of the foods at the *top* of the Pyramid.

If you're watching your weight, eat the *minimum* number of recommended servings. If you need to gain weight, eat the *maximum* number of servings.

In all five groups, try to choose nonfat and lean groups as often as possible.

Example: Choose nonfat or 1% milk instead of 2% or whole milk; lean meat instead of fatty meat; and breads and cereals that are not processed with a lot of fat.

HOW MUCH IS ONE SERVING'?

MILK & MILK PRODUCTS GROUP

- 1 cup (8 oz.) milk or yogurt
- 2 slices cheese, 1/8" thick (1½ oz.)
- 2 cups cottage cheese
- 1½ cups ice milk, ice cream, or frozen yogurt

MEAT & MEAT ALTERNATIVES GROUP

- 2 oz. to 3 oz. (size of a deck of cards) cooked *lean* meat, poultry, or fish
- 2 eggs
- 7 oz. tofu
- 1 cup cooked legumes (dried beans or peas)
- 4 tablespoons peanut butter
- 1/2 cup nuts or seeds

VEGETABLE GROUP

- 1/2 cup cooked vegetables
- 1/2 cup raw chopped vegetables
- 1 cup raw leafy vegetables
- 1/2 to 3/4 cup vegetable juice

FRUIT GROUP

- 1 whole medium fruit (about 1 cup)
- 1/4 cup dried fruit
- 1/2 cup canned fruit
- 1/2 to 3/4 cup fruit juice

BREAD & CEREAL GROUP

- 1 slice bread
- 1 medium muffin
- 1/2 hot dog bun or hamburger bun
- 1/2 bagel or english muffin
- 4 small crackers
- 1 tortilla
- 1 cup cold cereal
- 1/2 cup cooked cereal
- 1/2 cup rice
- 1/2 cup pasta