

SPORTS NUTRITION PYRAMID

FATS, OILS & SWEETS
USE SPARINGLY
Provides calories but few vitamins and minerals



MILK, YOGURT & CHEESE Group
2-4 Servings
Packed with bone-strengthening calcium, high-quality protein and essential electrolytes like potassium that help regulate fluid balance



MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS Group
2-3 Servings
Provides muscle-building protein and vital vitamins and minerals like iron



VEGETABLE Group
3-5 Servings
Check full of fiber and essential nutrients such as vitamin A



FRUIT Group
2-4 Servings
Offers an endless array of nutrients including potassium and disease-fighting antioxidants such as vitamin C



BREAD, CEREAL, RICE & PASTA Group
6-11 Servings
Provides your body's main source of energy to fuel your activity



WATER*
8 Servings or More
Keeps you hydrated and cool so you can keep moving

*Fruit, milk and other caffeine free beverages also help supply water and can count toward your daily goal

A GUIDE TO DAILY FOOD CHOICES FOR ACTIVE PEOPLE