

# Pyramid makes it easy to eat wisely

BY KEELY WYGONIK  
STAFF WRITER

The new Food Guide Pyramid is turning up in all sorts of unusual places: backs of cereal boxes, bread wrappers, milk cartons. Published by the U. S. Department of Agriculture in 1992, the pyramid demonstrates how all healthy Americans, age 2 and up, can piece together a healthy diet.

"The overall message is to select foods that together give you all the essential nutrients you need to maintain health without eating too many calories," said Lisa Martin, registered dietitian at St. Mary's Hospital in Livonia.

Pyramid pieces represent the basic five food groups (Levels 1-3) and fats, oils and sweets (Level 4). The size of the piece corresponds to the recommended number of daily servings. If you start at the bottom of the pyramid and work your way up, you'll see how selections from the food groups and other foods can be pieced together to form a healthy diet.

Here's a sample of what counts as one serving from each of the food groups:

■ Level 1 — Bread, cereal, rice and pasta group. One slice bread, one ounce

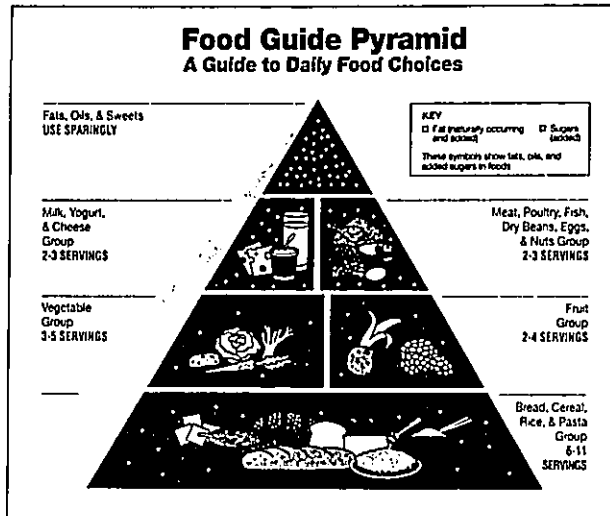
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Lisa Martin  
registered dietitian

of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta, three to four small crackers.

■ Level 2 — Vegetable group. One cup of raw leafy vegetables, ½ cup of other vegetables cooked or chopped raw, or ¼ cup of vegetable juice. . . Fruit group. One medium apple, banana or orange, ½ cup of chopped, cooked or canned fruit, or ¼ cup of fruit juice.

■ Level 3 — Milk, yogurt and cheese group. One-and-a-half ounces natural cheese, 2 ounces process cheese, or 1 cup milk or yogurt. . . Meat, poultry, fish, dry beans, eggs and nut group. Two to three ounces cooked lean meat, poultry or fish, ½ cup cooked dry



**Healthy choices:** Use the Food Guide Pyramid to select foods that together give you all the essential nutrients you need to maintain health. Eat a variety of foods from among all five food groups (Levels 1-3). Follow the proportions of the pyramid.

beans, 1 egg, ½ cup nuts or 2 tablespoons peanut butter count as 1 ounce of lean meat.

■ Level 4 — Fats, oils and sweets, use in moderation.

Let's look at a day's worth of cereal,

grains, vegetables and fruit at the 2,200-calorie level. At least nine servings from the bread group, four servings from the vegetable group and

See PYRAMID, 9

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## your HEALTH

by  
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### E FOR EXERCISE

Aerobic exercise improves the health and efficiency of the heart; however, it also produces "free radicals" as a by-product. These highly reactive, cell-destroying forms of oxygen increase along with metabolic rate. Fortunately, such antioxidants as vitamin C, beta-carotene, and vitamin E help block oxidative reactions and protect the body's cells from damage. A recent study from Tufts University in Boston suggests that those who engage in regular exercise might consider supplementing their diets with vitamin E. The RDA for vitamin E is 30 I.U.'s, but the study showed that ingesting 800 I.U.'s of vitamin E before vigorous exercise reduced free radical levels by a factor of more than four. The study suggests that active people take daily supplements of vitamin E at least 100 I.U.'s.

Vitamin and mineral supplements are a good idea for most of us—young and old. For instance, vitamin C, or golden seal, with echinacea are terrific for combating the symptoms of flu and colds. At the GOOD FOOD CO., a natural food supermarket, we offer an amazing variety of vitamins, supplements and whole food products. If you have any questions about the benefits of one product over another or about our column, please call us at 981-8100. We are located at 42615 Ford Rd. We are open Monday through Saturday from 9:00 to 9:00, and Sundays from 10:00 to 6:00. P.S. The initials "I.U." stand for international units, a measurement of vitamin strength.

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