

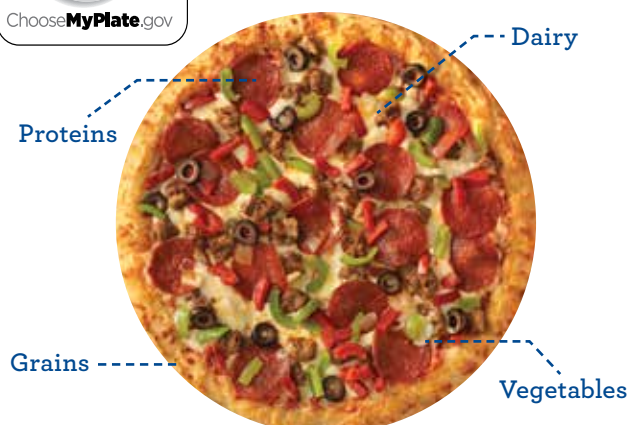
MyPlate & Pizza

MyPlate is a simple system the USDA developed to depict the variety and moderation of food groups recommended for a balanced diet that contributes to health and wellness. The MyPlate icon illustrates the five food groups in recommended proportions using a familiar image – a place setting for a meal.

Some foods fit neatly into one category. Others, like pizza, are crossover artists, combining several food groups in every slice. Let's break it down!



This pizza includes every food group except fruit.



MyPlate describes pizza as a “mixed dish” – one that contains several different food groups. While every pizza is different, here’s how the USDA analyzes a few common choices and how those slices compare with recommended daily amounts:

FOOD AND SAMPLE PORTION	GRAINS GROUP (OZ. EQ.)*	VEGETABLE GROUP (CUPS)	FRUIT GROUP (CUPS)	DAIRY GROUP (CUPS)	PROTEIN FOODS GROUP (OZ. EQ.)*
Pizza with cheese and extra vegetables, thick crust (1 piece)	3	½	0	¾	0
Pizza with sausage, pepperoni, or other meat, thick crust (1 piece)	3	¼	0	¾	¼
SEE HOW PIZZA FITS INTO THE DAILY NUTRITION NEEDS OF AN ACTIVE MOM AND DAD If you exercise less frequently, you likely need fewer servings from each food group.					
Recommended daily for a 40-year-old woman, 5'6" and 150 lbs. who exercises 30 to 60 minutes daily	7	3	2	3	6
Recommended daily for a 35-year-old man, 6'0" and 180 lbs. who exercises 30 to 60 minutes daily	10	3½	2½	3	7

*Ounce-Equivalent (OZ EQ) defined:
www.health.gov/dietaryguidelines/dga2005/document/html/appendixA.htm

Source: <http://www.choosemyplate.gov/myplate/index.aspx>



How much you need daily from each food group depends on many factors, but it's easy to calculate that for every family member. Just [click here](http://www.choosemyplate.gov/myplate/index.aspx) to calculate the personal plan recommended by the USDA.

MyPlate is meant to help consumers build a healthy plate. One key MyPlate strategy is to make at least half your plate fruits and vegetables. With pizza, that's easy and fairly commonplace for many consumers. In fact, the number-one food served with pizza is salad.

→ **Daily Food Plans:**
www.choosemyplate.gov/myplate/index.aspx