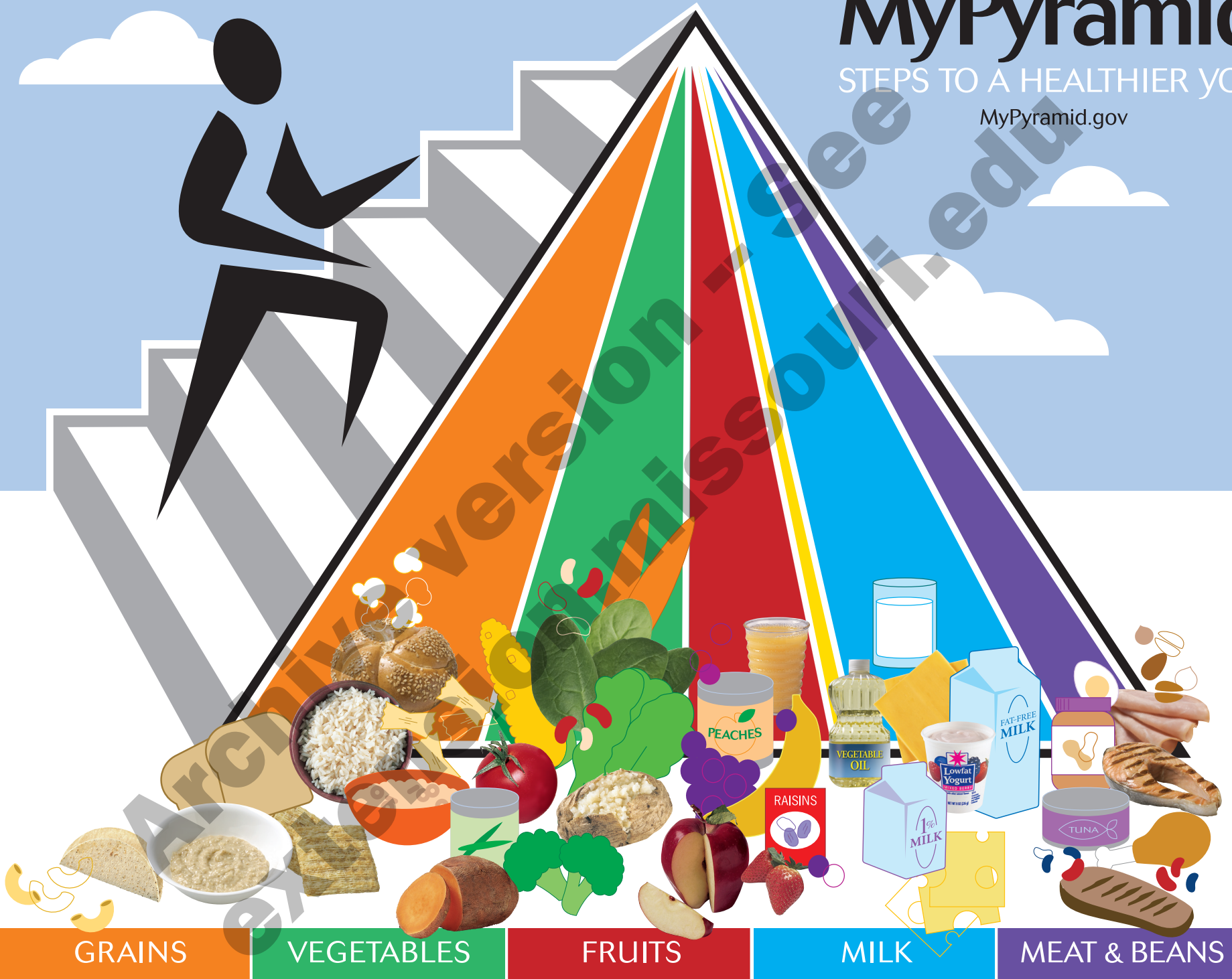


MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

	Grains <i>Make at least half your grains whole grains</i>	Vegetables <i>Vary your veggies</i>	Fruits <i>Focus on fruits</i>	Dairy* <i>Get your calcium-rich foods</i>	Protein** <i>Go lean with protein</i>
	1 ounce equivalent is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup cooked rice, cereal or pasta	Eat more dark green veggies like broccoli, spinach and other dark leafy greens Eat more orange vegetables, like carrots and sweet potatoes Eat more dry beans and peas like pinto beans, kidney beans and lentils	Eat a variety of fruit Choose fresh, frozen, canned or dried fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources, like fortified foods and beverages	1 ounce of meat, poultry or fish is about ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter or ½ ounce nuts or seeds Choose low-fat or lean meats and poultry Bake it, broil it or grill it Vary your protein routine – choose more fish, beans, peas, nuts and seeds
Calorie level					
1,600	5 ounce equivalents	2 cups	1½ cups	3 cups	5 ounce equivalents
2,000	6 ounce equivalents	2½ cups	2 cups	3 cups	5½ ounce equivalents
2,400	8 ounce equivalents	3 cups	2 cups	3 cups	6½ ounce equivalents
2,800	10 ounce equivalents	3½ cups	2½ cups	3 cups	7 ounce equivalents

* Previously known as "Milk"

** Previously known as "Meat & Beans"

Know the limits on fats, sugars and salt (sodium)

- ◆ Have most of your fats come from fish, nuts and vegetable oil.
- ◆ Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain these.
- ◆ Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- ◆ Choose food and drinks low in added sugars. They contribute calories with few, if any, nutrients.

Find your balance between food and physical activity

- ◆ Be sure to stay within your daily calorie needs.
- ◆ Be physically active for at least 30 minutes most days of the week.
- ◆ About 60 minutes a day of physical activity may be needed to prevent weight gain.
- ◆ To sustain weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- ◆ Children and teenagers should be physically active for 60 minutes every day.