

MyPyramid

STEPS TO A HEALTHIER YOU

Follow the **USDA guidelines.**
Find specific recommendations
for you on the **USDA website:**
www.MyPyramid.gov



GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz (3 servings) of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p> <p>A serving is: ½ cup cooked, 1 cup salad or raw veggies</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p> <p>A serving is: 6 oz fruit juice, 1 medium fruit, ½ cooked</p>	<p>Go low-fat or fat free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages such as soymilk fortified with calcium and B-12</p> <p>A serving is: 1 cup milk, yogurt, or fortified soymilk</p>	<p>Emphasize plant proteins—choose beans (pinto beans, kidney beans, lentils, soy, split peas, hummus, etc.) tofu, vegetable protein, peas, nuts, and seeds</p> <p>Choose fish and low-fat or lean meats and poultry</p> <p>Bake it or broil it</p> <p>A serving is: 1 oz nuts or seeds; ½ cup beans, peas, lentils; 1 to 2 oz lean meats; 1 egg</p>
<p>For a 2,000-calorie diet, you need the amounts below from each food group.</p>				
<p>Eat 6 oz or 6 servings every day</p>	<p>Eat 2½ cups or 5 servings every day</p>	<p>Eat 2 cups or 4 servings every day</p>	<p>Drink 2-3 cups every day; for kids aged 2 to 8, it's 2</p>	<p>Eat 5½ oz or 3-5 servings every day</p>

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 moderate physical activity may be needed to prevent weight gain.
- ▲ For sustaining weight loss, at least 60 to 90 minutes a day of moderate physical activity may be required.
- ▲ Children and teenagers should be physically active for 60 minutes every day, or most days.
- ▲ Drink at least 5 to 8 glasses of water each day.



Adapted from USDA 2005 recommendations including USDA DASH diet

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

- ▲ Make most of your fat sources from fish, nuts, and vegetable oils.
- ▲ Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Limit saturated fat intake to less than 7% calories (<16 g/day for 2000 calories) Cholesterol <200 mg/day.
- ▲ Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any nutrients.
- ▲ Eat plenty of dietary fiber: 25 g/day for women, and 38 g/day for men.
- ▲ Limit sodium to less than 2400 mg/day--less (1500 mg/day) if your blood pressure is high.
- ▲ Check the Nutrition Facts label to keep sodium, saturated fats, and trans fats low

