

Quick Facts on MyPyramid.gov - Steps to a Healthier You

MyPyramid.gov can help you choose the foods and portions that are right for you. For a quick estimate of what and how much you need to eat, go to www.mypyramid.gov and click on MyPyramid Plan. Enter your age, sex, and physical activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

- Find your balance between food and physical activity

Use the advice "Inside MyPyramid" to help you...

- Get the most nutrition out of your calories

- Make smart choices from every food group

Variety

The colored bands represent the 5 food groups of the Pyramid and oils. All food groups are needed each day for good health.

Activity

Get 30-60 minutes of daily physical activity. Children and adolescents should be physically active for at least 60 minutes every day. Balance your calorie intake and physical activity.

Proportionality

The widths of the bands suggest how much food a person should choose from each group. This is a general guide, not exact proportions.

*Extras - No more than 265 calories a day. Limit solid fats and sugars.

FRUITS

*2 cups a day
Eat a variety of colorful fruit. Go easy on fruit juice.

VEGETABLES

*2 1/2 cups a day
Eat a variety of colorful vegetables. Include green, orange, yellow, red, purple, and white. Include dry beans and peas.

GRAINS

*6 ounces a day
Make at least half of your grains whole. Whole should be the first word in the ingredient list.

The narrower area stands for foods with more added sugars and solid fats. Limit these foods.

OILS

*6 teaspoons a day
Sources should come from fish, nuts, and vegetable oils. Avoid solid fats (saturated and trans fats).

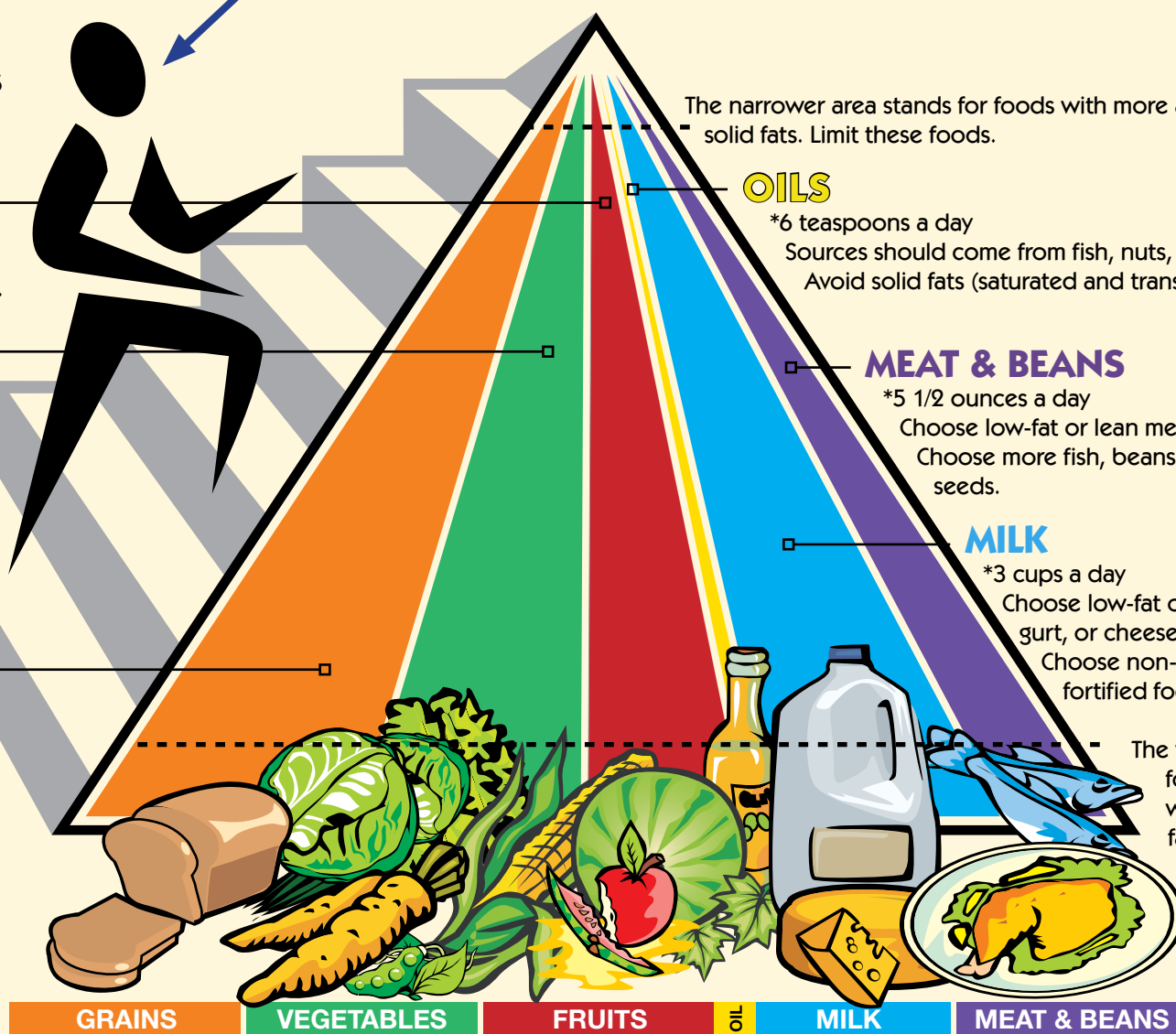
MEAT & BEANS

*5 1/2 ounces a day
Choose low-fat or lean meats and poultry. Choose more fish, beans, peas, nuts, and seeds.

MILK

*3 cups a day
Choose low-fat or fat-free milk, yogurt, or cheese (1 1/2 to 2 ounces). Choose non-dairy, calcium rich, or fortified foods, if necessary.

The wider base stands for healthier foods with little or no solid fats or added sugars. Eat more of these foods.



*Recommendations are based on a 2,000 daily calorie pattern. Those who may need about 2,000 calories per day include some moderately active and active girls aged 9-13; moderately active girls aged 14-18; sedentary and some moderately active women aged 19-30; moderately active women aged 31-50; some active boys aged 4-8 and 9-13; some moderately active boys aged 9-13; and sedentary men over 50.

For a personalized MyPyramid plan based on your age, sex, and physical activity level, visit www.MyPyramid.gov.

Use MyPyramid.gov to help you stay **Healthy and Wise!**