



MyPyramid

STEPS TO A HEALTHIER YOU



Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS 7 ounces	VEGETABLES 3 cups	FRUITS 2 cups	MILK 3 cups	MEAT & BEANS 6 ounces
<p>Make half your grains whole</p> <p>Aim for at least 3 1/2 ounces of whole grains a day</p>	<p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 3 cups</p> <p>Orange veggies = 2 cups</p> <p>Dry beans & peas = 3 cups</p> <p>Starchy veggies = 6 cups</p> <p>Other veggies = 7 cups</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>

Find your balance between food and physical activity

Be physically active for at least **30 minutes** most days of the week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons a day.**

Limit extras—solid fats and sugars—to **290 calories a day.**

Your results are based on a 2200 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow



Write in Your Choices for Today	Food Group	Tip	Goal Based on a 2200 calorie pattern.	List each food choice in its food group*	Estimate Your Total
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>GRAINS</p>	Make at least half your grains whole grains	7 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> ounce equivalents
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>VEGETABLES</p>	Try to have vegetables from several subgroups each day	3 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>FRUITS</p>	Make most choices fruit, not juice	2 cups	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>MILK</p>	Choose fat-free or low fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>MEAT & BEANS</p>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	6 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> ounce equivalents
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>PHYSICAL ACTIVITY</p>	Build more physical activity into your daily routine at home and work.	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> minutes

*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____