



What's MyPyramid?

One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level:

Age: _____ years

Sex:

(Check one)

Male

Female

Activity Level:

(Check one)

Sedentary = less than 30 minutes a day of moderate physical activity* in addition to daily activities.

Moderately Active = at least 30 minutes up to 60 minutes a day of moderate physical activity* in addition to daily activities.

Active = 60 or more minutes a day of moderate physical activity* in addition to daily activities.

*Examples of moderate physical activity include walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation during the activity.

