

MyPyramid

STEPS TO A HEALTHIER YOU

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for adults



	Grains <i>Make half your grains whole</i>	Vegetables <i>Vary your veggies</i>	Fruits <i>Focus on fruits</i>	Milk <i>Get your calcium-rich foods</i>	Meat & Beans <i>Go lean with protein</i>
Calorie level	1 ounce equivalent 5 ounce equivalents	Eat more dark green veggies like broccoli, spinach and other dark leafy greens	Eat a variety of fruit	Go low-fat or fat-free when you choose milk, yogurt and other milk products	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
	2,000	Eat more orange vegetables, like carrots and sweet potatoes	Choose fresh, frozen, canned or dried fruit	If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages	Choose low-fat or lean meats and poultry
	2,400	Eat more dry beans and peas like pinto beans, kidney beans and lentils	Go easy on fruit juices		Bake it, broil it or grill it
	2,800				Vary your protein routine — choose more fish, beans, peas, nuts and seeds
	6 ounce equivalents		1½ cups	3 cups	5 ounce equivalents
	8 ounce equivalents		2 cups	3 cups	5½ ounce equivalents
	10 ounce equivalents		2½ cups	3 cups	7 ounce equivalents

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, or most days.

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