

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



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>
<p>Have popcorn for a snack.</p> <p>Make a peanut butter sandwich on whole-wheat bread.</p> <p>Try oatmeal for breakfast.</p> <p>Snack on toasted oat cereal.</p> <p>Have brown rice instead of white.</p> <p>Dip baked tortilla chips in salsa for a quick snack.</p>	<p>Dip baby carrots and green pepper strips in low-fat dressing.</p> <p>Try a salad made with spinach.</p> <p>Make black bean dip.</p> <p>Bake a sweet potato in the microwave oven.</p> <p>Order a veggie pizza.</p>	<p>Sprinkle raisins on breakfast cereal.</p> <p>Have a frozen 100 percent juice bar for dessert.</p> <p>Carry an orange or apple in your backpack for a snack.</p> <p>Snack on canned mandarin oranges.</p> <p>Have a fruit salad for lunch.</p>	<p>Make a smoothie by blending low-fat yogurt and frozen strawberries.</p> <p>Top a baked potato with low-fat cheese.</p> <p>Dip fruit in flavored yogurt.</p> <p>Drink orange juice with added calcium.</p> <p>Try soy milk or soy yogurt.</p> <p>Drink plain or chocolate low-fat milk with meals.</p>	<p>Add red kidney beans to a tossed green salad.</p> <p>Sprinkle peanuts over stir fry vegetables.</p> <p>Ask for broiled or grilled meat and chicken.</p> <p>Snack on soy nuts.</p> <p>Take the skin off chicken.</p> <p>Sprinkle nuts on frozen yogurt.</p> <p>Have a tuna salad sandwich on whole-wheat bread.</p>

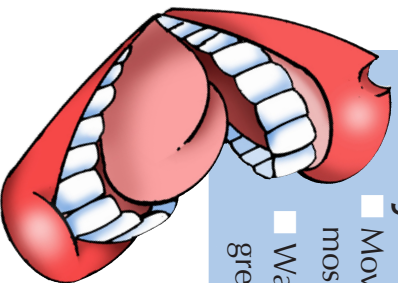
Oils: Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun:

- Move more. Aim for at least 60 minutes every day, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – Know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



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UNIVERSITY OF MISSOURI
 **Extension**

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