







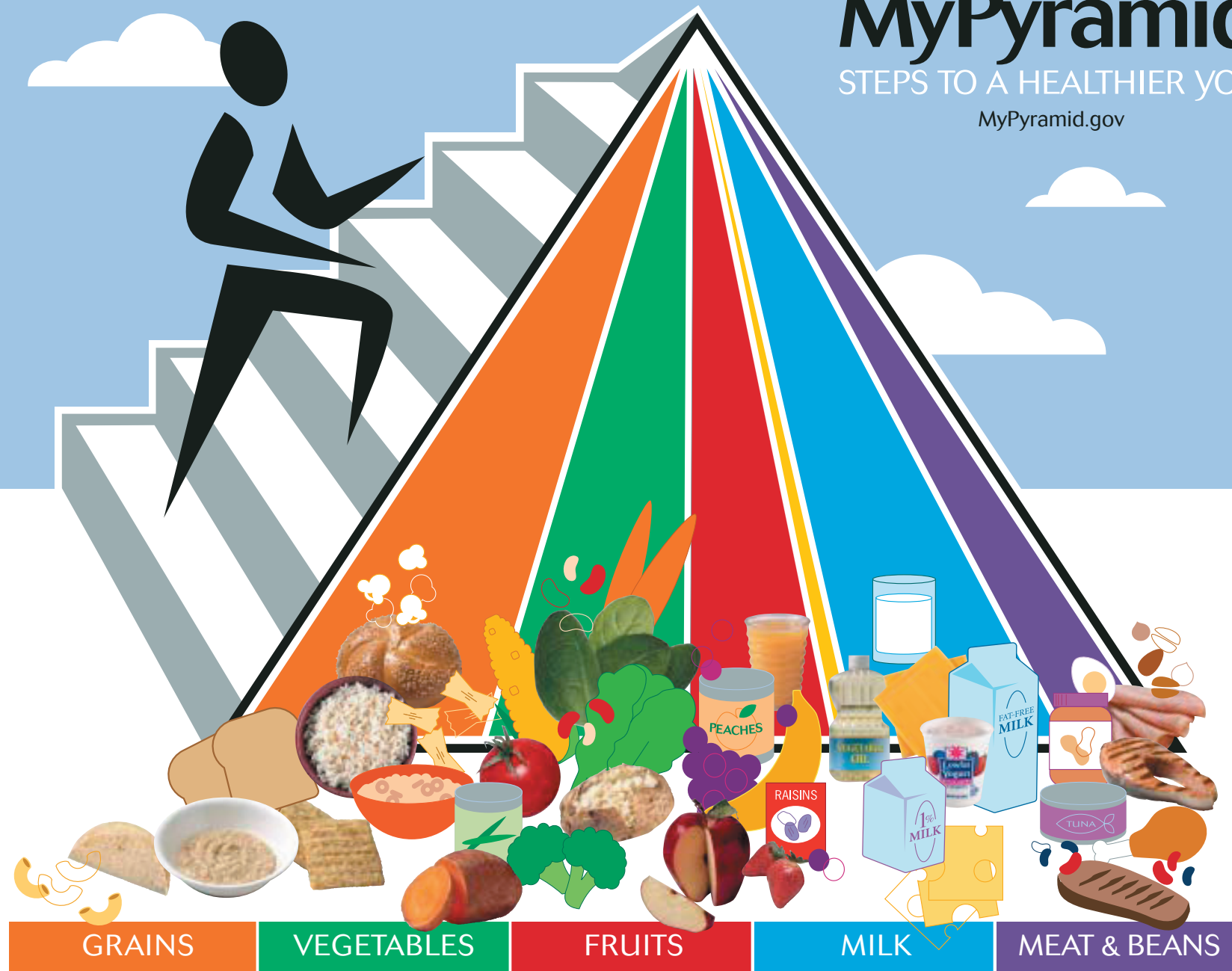
Suggested Layout:

<p>MyPyramid replaces the old food guide pyramid is based on the Dietary Guidelines for Americans 2005 The MyPyramid symbol represents 2 key aspects of good health Healthful Eating and Physical Activity 8 x 10</p>	 <p>8 x 10 MyPyramid.gov STEPS TO A HEALTHIER YOU</p>	<p>Find Balance between Food and Physical Activity 5.5 x 10</p>		
<p>Variety 2 x 10</p>	<p>Proportion 2 x 10</p>	<p>Make gradual 2 x 10</p>		
<p>Moderation 2 x 10</p>	<p>Oils 2 x 10</p>	<p>Exercise 2 x 10</p>		
 <p>Grain Group Make half your grains whole</p>	 <p>Vegetable Group Vary your veggies</p>	 <p>Fruit Group Focus on fruits</p>	 <p>Milk Group Get your calcium-rich foods</p>	 <p>Meat & Bean Group Go lean with protein</p>

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov





Grain Group
Make half your grains whole

6" x5"



Vegetable Group

Vary your veggies

6" x5"



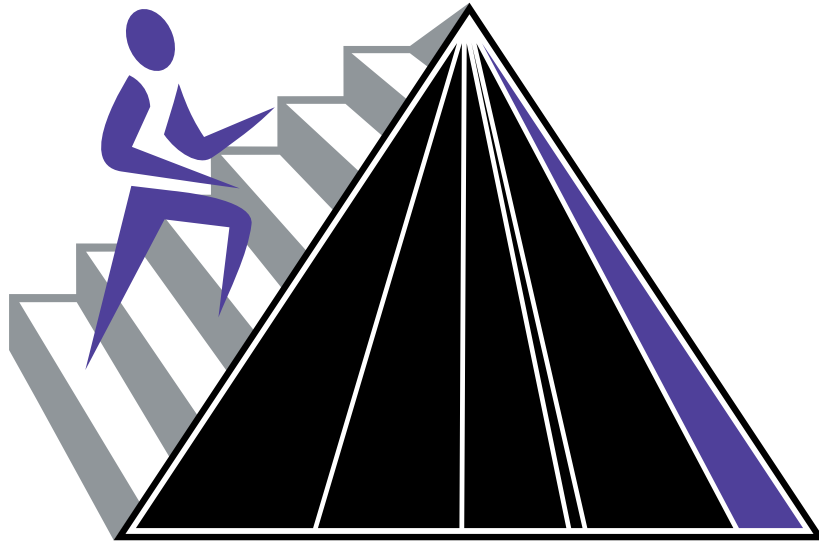
Fruit Group
Focus on fruits

6" x5"



Milk Group
Get your calcium-rich foods

6" x5"



Meat & Bean Group

Go lean with protein

6" x5"



Find Your Balance between Food and Physical Activity

PROPORTION

The band widths represent how much food a person should choose from each group. Check MyPyramid.gov for the amount that is right for you.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

MyPyramid **replaces** the old Food Guide Pyramid.

MyPyramid is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle.

Many Americans can dramatically improve their overall health by making modest improvements to their diets and by incorporating regular physical activity into their daily lives.

The MyPyramid symbol represents two key components of good health, **Healthful Eating** *and* **Physical Activity**.

MyPyramid is based on the USDA's *Dietary Guidelines for Americans 2005*.

MODERATION

Select foods with little or no solid fats, added sugars, or caloric sweeteners to get the most nutrition from calories consumed.

Make **GRADUAL** Improvements

You can benefit from taking small steps to improve your diet and lifestyle each day.

VARIETY

Foods from all groups are needed each day for good health.

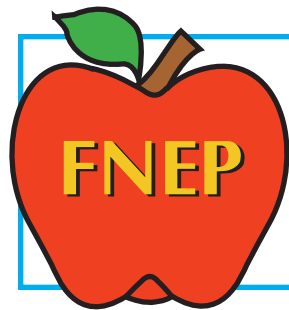


EXERCISE

Physical activity should be moderate or vigorous and add up to at least 30 minutes a day.



Oils have essential fatty acids and are a major source of vitamin E. Choose oils found in fish, nuts, and vegetable oils which do not raise LDL (“bad”) cholesterol levels. While consuming some oil is needed for health, oils still contain calories. Therefore, the amount of oil consumed needs to be limited to balance total calorie intake.



This display was developed by:

Pattie Jones, SE Region Nutrition Program Assistant

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For more about Nutrition and Health visit: missourifamilies.org

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