

# Mastering MyPyramid

## More Than a Make-Over

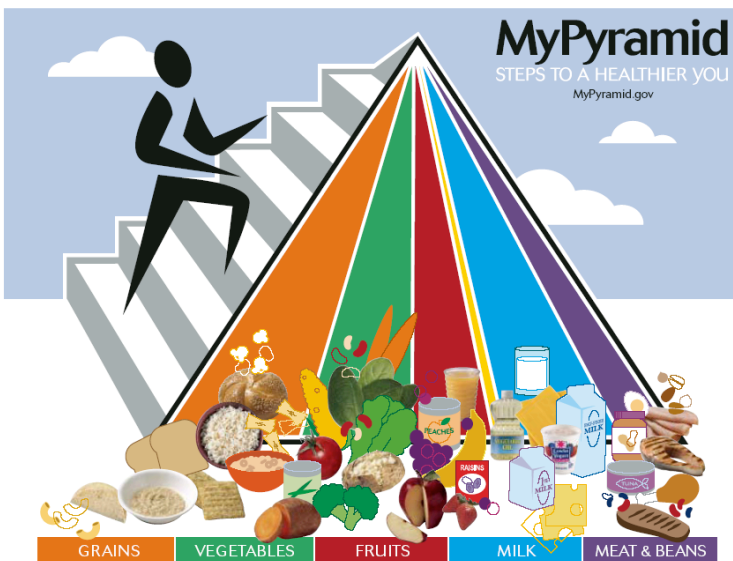
- **Say good-bye to “servings!”** MyPyramid measures **amounts of food** in household measurements: cups and ounces – consumers preferred this. The biggest change is in the fruit and vegetable groups; now measured in cups. The grain group still uses ounce equivalents, which have not changed from the Food Guide Pyramid. One cup of milk is still the standard for calcium content of milk products. In the meat and bean group now 1 Tbsp. of peanut butter = 1 oz. of meat.
- **12 Calorie levels.** Recommended amounts of food are more individualized than the Food Guide Pyramid. Calorie levels are based on age, sex, and activity.
- **No tip, now discretionary calories.** All foods except candy and soda fit in a food group. Candy is mostly sugar and fat, and soda and jam are all sugar, so all of the calories provided are discretionary calories. Alcohol is all discretionary calories as are sauces, salad dressings, sugar, syrup and butter.



**The base of MyPyramid represents nutrient-dense foods from each food group.**

### **Moderation:**

The colored bands narrow toward the top of the pyramid. Eat less of those foods that have more fat and sugar, which are located near the top of MyPyramid.



### **Water: Keep it flowing!**

No longer recommend 6-8 glasses per day.  
Just drink water!

## Extras - it's up to you...

**Discretionary calories or “extras” are those calories left after you eat nutrient-dense foods in the amounts for your calorie level.** Use them to choose foods that are not low-fat and have added sugars. Or they can be used to add oil, fat or sugar to foods. Or you can drink alcohol. Or you can eat more food from each of the food groups. Most people have **100 – 300** discretionary calories available each day.

**How do we “count” these extra calories?** Example: 1 cup of vanilla ice cream = 290 calories; 205 of those calories may be from fats or discretionary calories. Another example: regular soda, 12 oz. = 155 calories, 155 of those calories are from added sugars or discretionary calories.

### In Search of Added Sugars:

Added sugars are added during processing or preparation. They include:

Brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, HFCS, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar, syrup.

\*\*Added sugars do not include those sugars that appear naturally in milk and fruits.

Foods containing most of the added sugar in the American diet:

Regular soft drinks, candy, cakes, cookies, pies, fruit drinks, ice cream, sweetened yogurt, sweetened milk, sweet rolls, cinnamon toast.

**Oils are not a food group.** Recommended amounts are given for each calorie level because oils provide Vitamin E, polyunsaturated and monounsaturated fats. Oils include soy, corn, safflower, canola, olive, and sunflower oil. Solid fats, such as butter, shortening, stick margarine, and animal fats are not included in oils.



Amount Per Serving		% Daily Value*	
<b>Calories 260</b>		Calories from Fat 120	
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 5g			<b>25%</b>
Trans Fat 2g			
<b>Cholesterol</b> 30mg			<b>40%</b>
<b>Sodium</b> 660mg			<b>28%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A 4%		Vitamin C 2%	
Calcium 15%		Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4	Protein 4

### On the Trail of *Trans* fats

**Trans fats** act like saturated fats and cholesterol, raising “bad” cholesterol (LDL).

#### Where are *trans* fats in the diet?

- Cakes, cookies, crackers, icings, margarines, microwave popcorns.
- Foods with **partially hydrogenated vegetable oils** usually contain *trans* fat. Check labels!

Information taken from USDA's MyPyramid.gov 8/05  
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