



# MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

<p><b>GRAINS</b> 10 ounces</p>	<p><b>VEGETABLES</b> 4 cups</p>	<p><b>FRUITS</b> 2 1/2 cups</p>	<p><b>MILK</b> 3 cups</p>	<p><b>MEAT &amp; BEANS</b> 7 ounces</p>
<p><b>Make half your grains whole</b></p> <p>Aim for at least <b>5 ounces</b> of whole grains a day</p>	<p><b>Vary your veggies</b> Aim for these amounts <b>each week:</b></p> <p><b>Dark green veggies</b> = 3 cups</p> <p><b>Orange veggies</b> = 2 1/2 cups</p> <p><b>Dry beans &amp; peas</b> = 3 1/2 cups</p> <p><b>Starchy veggies</b> = 9 cups</p> <p><b>Other veggies</b> = 10 cups</p>	<p><b>Focus on fruits</b></p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p><b>Get your calcium-rich foods</b></p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p><b>Go lean with protein</b></p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>

**Find your balance between food and physical activity**

Be physically active for at least **30 minutes** most days of the week.

**Know your limits on fats, sugars, and sodium**

Your allowance for oils is **10 teaspoons a day.**

Limit extras—solid fats and sugars—to **510 calories a day.**

**Your results are based on a 3000 calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.