

# We'll help you rise to the challenge!

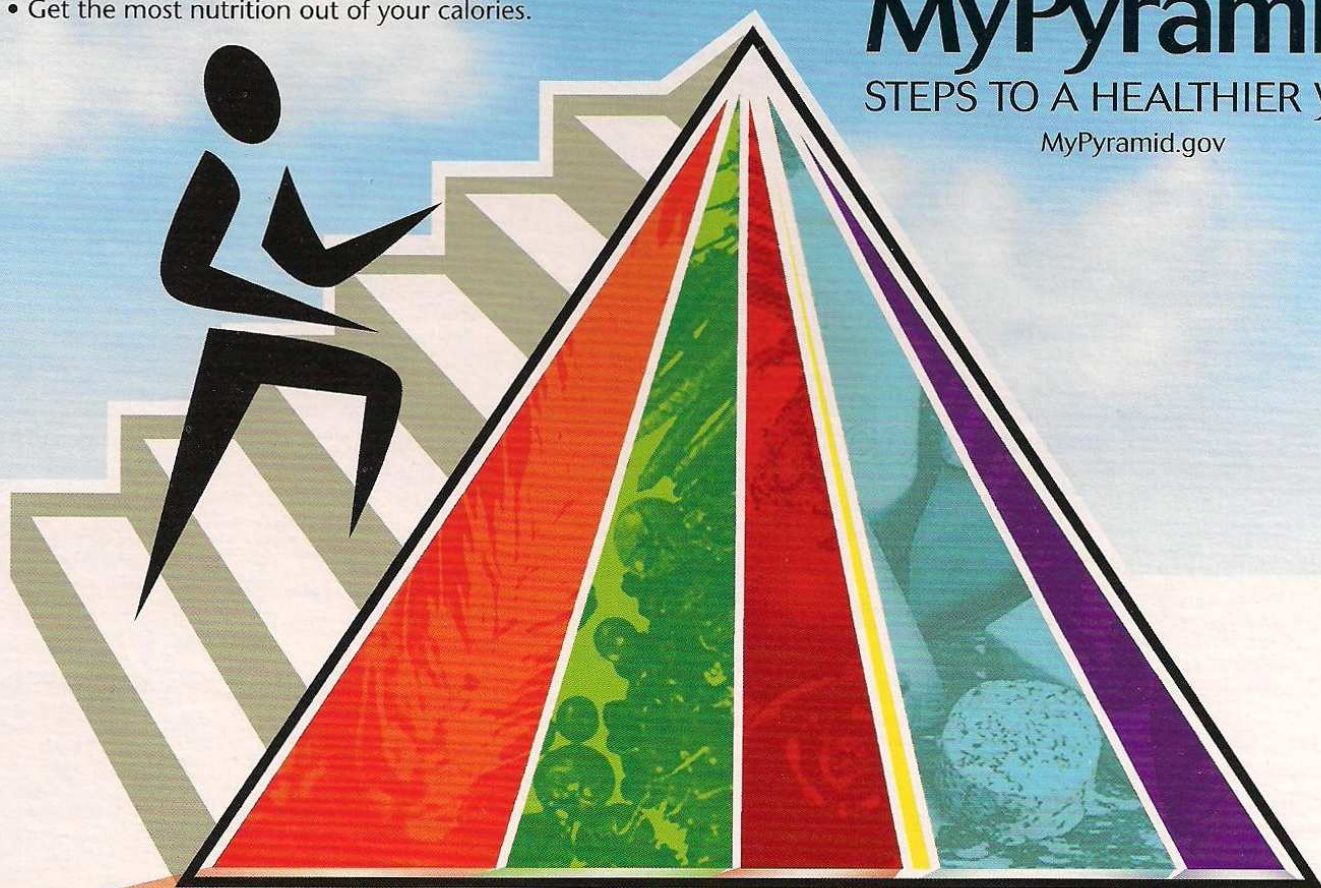
One size doesn't fit all. The new MyPyramid offers consumers a more personalized approach to healthy eating and physical activity. MyPyramid Plan can help you choose the foods and amounts that are right for you. Use the advice online at **MyPyramid.gov** to help you and your family

- Make smart choices from every food group,
- Find your balance between food and physical activity, and
- Get the most nutrition out of your calories.

## MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
<p>Make half your grains whole</p> <p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Vary your veggies</p> <p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day

Eat 2 1/2 cups every day

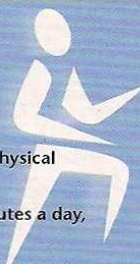
Eat 2 cups every day

Get 3 cups every day;  
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical exercise may be required.
- Children and teenagers should be physically active for 60 minutes a day, on most days.



### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- 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.

MyPyramid incorporates recommendations from the 2005 Dietary Guidelines for Americans from the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS)



To find out the right amounts for you visit  
**MyPyramid.gov**

U.S. Department of Agriculture  
Center for Nutrition Policy and Promotion  
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