One Size DOESN’T Fit All

- Everyone has their own unique pyramid
- Recommends specific serving sizes just for you
- Find your pyramid
Determine Calorie Needs

Estimated Energy Requirements* for males

*From the National Academy of Sciences, Institute of Medicine Dietary Reference Intakes Macronutrient Report
Get your Pyramid
Learn how much and what to eat for YOUR calorie level at MyPyramid.gov

Check here for more information on food groups & related topics

Submit age, sex and activity level for a personalized MyPyramid
<table>
<thead>
<tr>
<th>Write In Your Choices for Today</th>
<th>Food Group</th>
<th>Tip</th>
<th>Goal</th>
<th>List each food choice in its food group</th>
<th>Estimate Your Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GRAINS</td>
<td>Make at least half your grains whole grains</td>
<td>6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup rice or pasta)</td>
<td></td>
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<tr>
<td></td>
<td>VEGETABLES</td>
<td>Try to have vegetables from several subgroups each day</td>
<td>2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas</td>
<td></td>
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<tr>
<td></td>
<td>FRUITS</td>
<td>Make most choices fruit, not juice</td>
<td>2 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MILK</td>
<td>Choose fat-free or low fat most often</td>
<td>3 cups (1 ½ ounces cheese = 1 cup milk)</td>
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<tr>
<td></td>
<td>MEAT &amp; BEANS</td>
<td>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds</td>
<td>5 ½ ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T. peanut butter, ½ ounce nuts, ½ cup dry beans or peas)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PHYSICAL ACTIVITY</td>
<td>Build more physical activity into your daily routine at home and work</td>
<td>At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How did you do today?  □ Great  □ So-So  □ Not so Great

My food goal for tomorrow is: ____________________________________________
My activity goal for tomorrow is: ________________________________________
What Messages does MyPyramid Give?

MyPyramid.gov
STEPS TO A HEALTHIER YOU
MyPyramid recommends total amounts rather than “servings”
Food Groups are Color Coded

- **Grain Group**: Make half your grains whole
- **Vegetable Group**: Vary your veggies
- **Fruit Group**: Focus on fruits
- **Milk Group**: Get your calcium-rich foods
- **Meat & Bean Group**: Go lean with protein
What Else Does MyPyramid Emphasize?

Activity
Moderation
Personalization
Proportionality
Variety
Gradual Improvement
Message: Physical Activity

In the Dietary Guidelines:
• Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

In MyPyramid graphic:
• Steps and person on them symbolize that physical activity should be a part of everyday healthy living.
Message: Moderation

In the Dietary Guidelines:
• Limit intake of saturated and trans fats, and choose products low in these fats.
• Make choices of meat, poultry, dry beans, and milk products that are lean, low-fat, or fat-free.
• Choose and prepare foods and beverages with little added sugars or calorie sweeteners.

In MyPyramid graphic:
• Food group bands narrow from bottom to top suggesting to eat nutrient-dense forms of foods.
Message: Personalization

In MyPyramid graphic:
• Everyone has their own unique pyramid
• One size does NOT fit all
• How much you get to eat, depends on your age, gender and activity level
Message: Proportionality

In the Dietary Guidelines:
• Adopt a balanced eating pattern.
  – Sufficient amount of fruits and vegetables,
  – 3 or more ounce equivalents of whole-grain products per day
  – 3 cup equivalents per day of fat-free or low-fat milk or milk products.

In MyPyramid graphic:
• Differing widths of the color bands suggest about how much food should be eaten from each group.
Message: Variety

In the Dietary Guidelines:
• Consume a variety of nutrient-dense foods and beverages within and among the basic food groups.

In MyPyramid graphic:
• Color bands represent that all food groups are needed each day for health.
Additional Messages in the MyPyramid Graphic

Gradual Improvement:
• The slogan “Steps to a Healthier You” improvement should happen in stages
Discretionary Calories
May be used to:

• Increase amount of food selected from a food group
• Consume foods that are not in the lowest fat form—such as 2% milk or medium-fat meat or items that contain added sugars
• Add oil, fat, or sugar to foods
• Consume alcohol (for those who consume alcohol)
What is a “serving”?

<table>
<thead>
<tr>
<th>FOOD GUIDE PYRAMID SERVINGS</th>
<th>“TYPICAL” AMERICAN PORTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup rice or pasta</td>
<td>1 cup rice or pasta</td>
</tr>
<tr>
<td>½ bagel or ½ hamburger bun</td>
<td>1 bagel or 1 hamburger bun</td>
</tr>
<tr>
<td>1 chicken leg and thigh</td>
<td>¼ chicken</td>
</tr>
<tr>
<td>1 order (½ cup) French fries</td>
<td>Large order (3/4 to 1 cup) fries</td>
</tr>
<tr>
<td>1 order (½ cup) cooked red beans</td>
<td>Big bowl (1 to 2 cups) chili beans</td>
</tr>
<tr>
<td>1 cup leafy greens</td>
<td>Large green salad (2 cups greens)</td>
</tr>
</tbody>
</table>

MyPyramid tells you exact amounts of each type of food
Food Groups are Color Coded

- **Grain Group**: Make half your grains whole
- **Vegetable Group**: Vary your veggies
- **Fruit Group**: Focus on fruits
- **Meat & Bean Group**: Go lean with protein
- **Milk Group**: Get your calcium-rich foods
MyPyramid: Fruits

• Eat the equivalent of 2 cups of fresh, canned or frozen fruits per day (for a 2,000 calorie diet)

Note this equivalent:
¼ cup dried fruit = ½ cup fruit
MyPyramid: Dairy products

• Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products
  – Children ages 2 to 8: 2 cups per day
  – Children ages 9 & up: 3 cups per day

Equivalents:
• 8 oz. milk
• 1 cup yogurt
• 1½ oz. natural cheese
• 2 oz. processed cheese
MyPyramid: Vegetables

• Eat the equivalent of 2½ cups of raw or cooked vegetables per day (for a 2,000 calorie diet)

Note this equivalent:
2 cups raw leafy greens = 1 cup of vegetable
MyPyramid: Grains

Eat 6 ounce-equivalents (for a 2,000 calorie diet)
3 ounce-equivalents or more of whole-grain products
The remaining grains should come from enriched or whole-grain products

Equivalents:
• 1 slice bread
• ½ cup cooked pasta, cooked rice or cooked cereal
• 1 cup ready-to-eat cereal
MyPyramid: Meat & beans

- Eat 5½ ounce-equivalents (for a 2,000 calorie diet). Choose lean meat and poultry. Vary your choices – more fish, beans, peas, nuts and seeds.

**Equivalents:**
- 1 oz. meat, poultry or fish
- ¼ cup cooked dry beans or peas
- 1 egg
- 1 tablespoon peanut butter
- ½ oz. of nuts or seeds
Key food group messages from the Dietary Guidelines and MyPyramid:

- **Focus on fruits.**
- **Vary your veggies.**
- **Get your calcium-rich foods.**
- **Make half your grains whole.**
- **Go lean with protein.**
- **Know the limits on fats, salt, and sugars.**