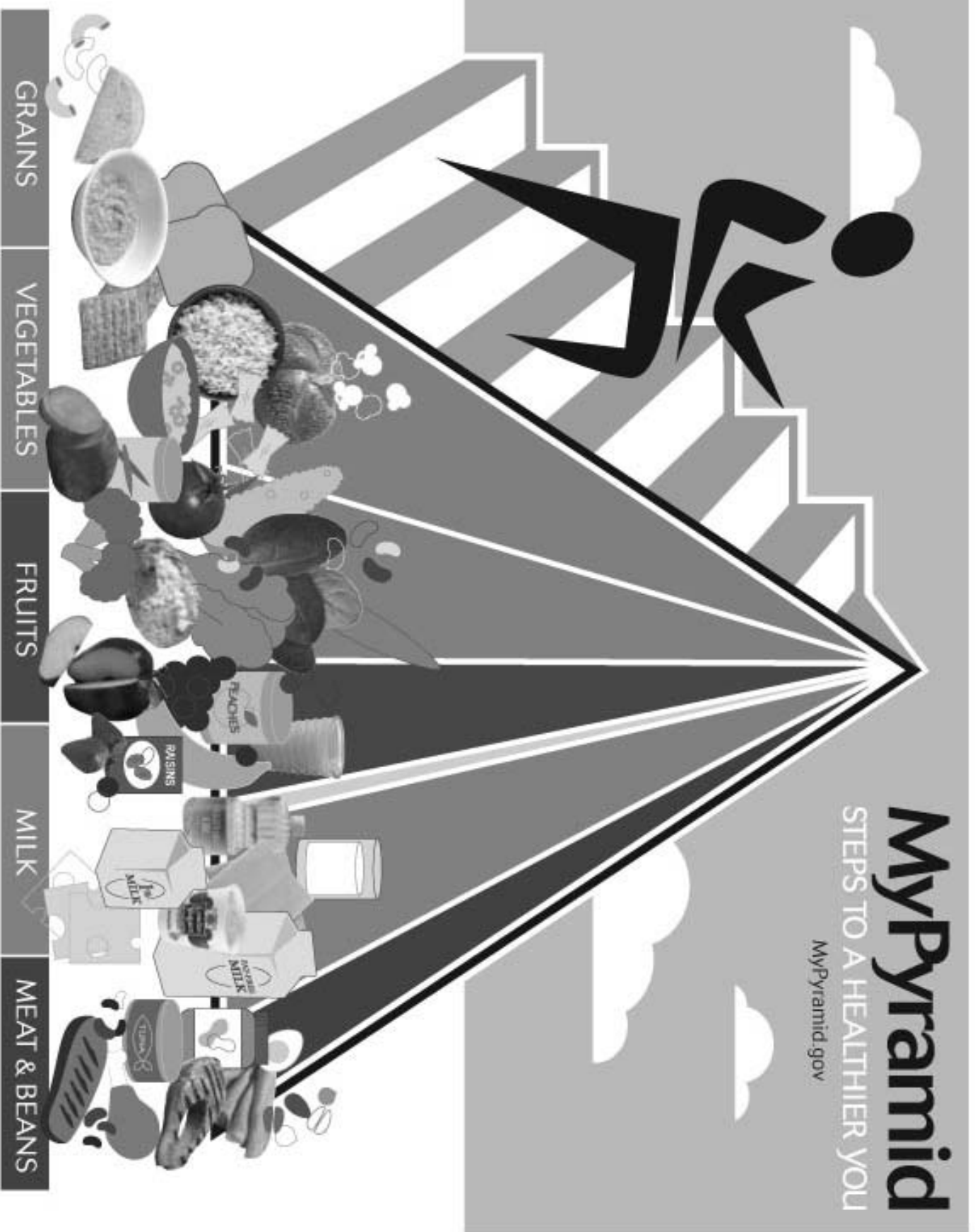


# MyPyramid

STEPS TO A HEALTHIER YOU

[MyPyramid.gov](http://MyPyramid.gov)



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

# Anatomy of MyPyramid

## One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

### Activity

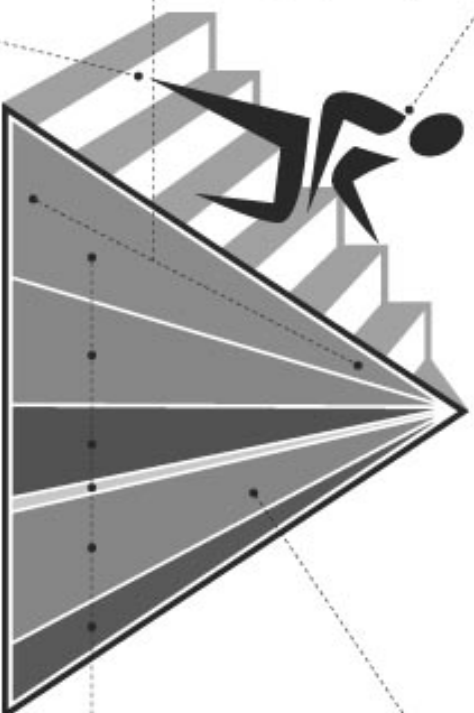
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

### Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

### Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at [MyPyramid.gov](http://MyPyramid.gov).



### Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

### Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

### Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

# MyPyramid.gov

## STEPS TO A HEALTHIER YOU



# MyPyramid Worksheet

## 2000 calories

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal Based on a 2000 calorie pattern.	List each food choice in its food group*	Estimate Your Total
	<b>GRAINS</b> 	Make at least half your grains whole grains	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)		ounce equivalents
	<b>VEGETABLES</b> 	Try to have vegetables from several subgroups each day	<b>2 ½ cups</b> Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies		cups
	<b>FRUITS</b> 	Make most choices fruit, not juice	<b>2 cups</b>		cups
	<b>MILK</b> 	Choose fat-free or low fat most often	<b>3 cups</b> (½ ounces cheese = 1 cup milk)		cups
	<b>MEAT &amp; BEANS</b> 	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	<b>5 ½ ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)		ounce equivalents
	<b>PHYSICAL ACTIVITY</b> 	Build more physical activity into your daily routine at home and work.	At least <b>30 minutes</b> of moderate to vigorous activity a day, 10 minutes or more at a time.	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	minutes

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

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

## GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

## VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweetpotatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

## FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

## MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

## MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

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,<sup>1</sup>  
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.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or 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, stick 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.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



[MyPyramid.gov](http://MyPyramid.gov)  
STEPS TO A HEALTHIER YOU

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