



MyPyramid

STEPS TO A HEALTHIER YOU

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

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| <p>GRAINS 5 ounces</p> | <p>VEGETABLES 1 1/2 cups</p> | <p>FRUITS 1 1/2 cups</p> | <p>MILK 2 cups</p> | <p>MEAT & BEANS 4 ounces</p> |
| <p>Make half your grains whole</p> <p>Aim for at least 2 1/2 ounces of whole grains a day</p> | <p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 1 1/2 cups</p> <p>Orange veggies = 1 cup</p> <p>Dry beans & peas = 1 cup</p> <p>Starchy veggies = 2 1/2 cups</p> <p>Other veggies = 4 1/2 cups</p> | <p>Focus on fruits</p> <p>Eat a variety of 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, or cheese</p> | <p>Go lean with protein</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 **4 teaspoons a day.**
Limit extras—solid fats and sugars—to **170 calories a day.**

Your results are based on a 1400 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.