

# MyPyramid.gov: The New Food Pyramid

<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your vegetables	<b>FRUIT</b> Focus on fruit	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
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 ½ cup of cooked rice, cereal, or pasta.	Eat more dark-green veggies like broccoli, spinach, and other dark, leafy greens.  Eat more orange veggies like carrots and sweet potatoes.  Eat more dry beans and peas like pinto beans, kidney beans, and lentils.	Eat a variety of fruit. Choose fresh, frozen, canned, or dried fruit.	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.	Choose low-fat or lean meats and poultry. Bake, boil, 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.

Eat 6 oz. every day	Eat 2 ½ cups every day	Eat 2 cups every day	Eat 3 cups every day	Eat 5 ½ oz. every day
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<p><b>Find your balance between food and physical activity</b></p> <ul style="list-style-type: none"> <li>Be sure to stay within your daily calorie needs.</li> <li>Be physically active for at least 30 minutes most days of the week.</li> <li>About 60 minutes a day of physical activity may be needed to prevent weight gain.</li> <li>For sustaining weight loss, at least 60 to 90 minute a day of physical activity may be required.</li> </ul>	<p><b>Know the limits on fats, sugars, and salt (sodium)</b></p> <ul style="list-style-type: none"> <li>Make most of your fat sources from fish, nuts, and vegetable oils.</li> <li>Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.</li> <li>Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.</li> <li>Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.</li> </ul>
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The United States Department of Agriculture (USDA) has released the MyPyramid food guidance system because after years of research they have discovered that **one size does not fit all**. The MyPyramid food guidance system, along with a new food pyramid symbol, provides many options to help Americans make healthy food choices and to be active every day. The MyPyramid Plan can help you choose foods and amounts that are right for you, by customizing a personal food pyramid according to your age, gender, activity level, etc. Go to [www.mypyramid.gov](http://www.mypyramid.gov) for a detailed assessment of your pyramid plan.

*This brochure is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.*

