

MyPyramid

- MyPyramid offers a personalized approach to a healthy lifestyle.
- Calorie needs are based on your age, sex and physical activity level.
- The food groups work together to provide the nutrients your body needs.
- To reduce your risk of heart disease, make wise oil and fat choices.
- Make physical activity part of your daily routine.
- A healthy lifestyle is a combination of good nutrition and physical activity.
- Look up MyPyramid.gov on the Internet.



Mini-goals

1. _____

2. _____

3. _____

WHAT ARE YOUR CALORIE NEEDS?

To determine your calorie needs, find your age and sex in the left column of the chart below and select the appropriate physical activity level.

Sedentary means a lifestyle that includes only light physical activity associated with typical day-to-day life.

Active means a lifestyle that includes both physical activity equivalent to walking more than 3 miles per day (at 3 to 4 miles per hour) and light physical activity associated with typical day-to-day life.

CALORIE CHART		
Age/Sex	Calorie Range	
	Sedentary	Active
Children		
2-3 years	1000	1400
Females		
4-8 years	1200	1800
9-13 years	1600	2200
14-18 years	1800	2400
19-30 years	2000	2400
31-50 years	1800	2200
51+ years	1600	2200
Males		
4-8 years	1400	2000
9-13 years	1800	2600
14-18 years	2200	3200
19-30 years	2400	3000
31-50 years	2200	3000
51+ years	2000	2800

HOW MUCH SHOULD YOU EAT?

Find your personal calorie column to determine the amount you should eat from each food group. The chart also lists the discretionary calorie allowance that is built into each level.

DAILY AMOUNT FROM EACH FOOD GROUP						
Calorie Level	1000	1200	1400	1600	1800	2000
Grains	3-oz. eq.	4-oz. eq.	5-oz. eq.	5-oz. eq.	6-oz. eq.	6-oz. eq.
Vegetables	1 cup	1 ½ cups	1 ½ cups	2 cups	2 ½ cups	2 ½ cups
Fruits	1 cup	1 cup	1 ½ cups	1 ½ cups	1 ½ cups	2 cups
Milk	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups
Meat and Beans	2-oz. eq.	3-oz. eq.	4-oz. eq.	5-oz. eq.	5-oz. eq.	5 ½-oz. eq.
Oils	3 tsp.	4 tsp.	4 tsp.	5 tsp.	5 tsp.	6 tsp.
Discretionary Calories	165	170	170	130	195	265
Calorie Level	2200	2400	2600	2800	3000	3200
Grains	7-oz. eq.	8-oz. eq.	9-oz. eq.	10-oz. eq.	10-oz. eq.	10-oz. eq.
Vegetables	3 cups	3 cups	3 ½ cups	3 ½ cups	4 cups	4 cups
Fruits	2 cups	2 cups	2 cups	2 ½ cups	2 ½ cups	2 ½ cups
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Meat and Beans	6-oz. eq.	6 ½-oz. eq.	6 ½-oz. eq.	7-oz. eq.	7-oz. eq.	7-oz. eq.
Oils	6 tsp.	7 tsp.	8 tsp.	8 tsp.	10 tsp.	11 tsp.
Discretionary Calories	290	360	410	425	510	650

FOOD GROUPS

Grain Group—Includes foods made from wheat, rice, oats, cornmeal and barley. Examples are bread, pasta, oatmeal, breakfast cereals, tortillas and grits.

- ▲ One slice of bread, 1 cup of ready-to-eat cereal or 1/2 cup of cooked cereal, rice or pasta is considered a 1-ounce equivalent from the Grain Group.
- ▲ At least half of all the grains you eat should be whole grains.
- ▲ Whole grains help reduce your risk of heart disease and other chronic diseases.

Nutrient Focus of the Grain Group:

Carbohydrates supply fuel for the body.

Thiamin helps the nervous system function properly and promotes appetite and digestion.

Riboflavin promotes healthy skin and eyes. It also assists with metabolism.

Vitamin B₆ helps with blood cell production and metabolism.



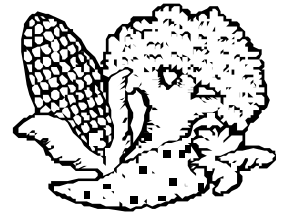
Vegetable Group—Includes fresh, frozen and canned vegetables and vegetable juices. Dried beans, peas and lentils are part of this group as well as the Meat and Bean Group.

- ▲ One cup of raw or cooked vegetables, 1 cup of vegetable juice, 2 cups of raw leafy greens or 1/4 cup of cooked dried beans, peas or lentils is considered 1 cup from the Vegetable Group.
- ▲ Vegetables have fiber, vitamins, minerals, antioxidants and phytochemicals, which protect you against many chronic diseases.

Nutrient Focus of the Vegetable Group:

Vitamin A keeps skin and hair healthy. It plays a role in helping the body fight infection and keeps mucus membranes moist. Vitamin A also prevents night blindness. Good sources are spinach, broccoli, sweet potatoes, carrots and winter squash. Be sure to eat a dark green or deep yellow vegetable several times a week.

Potassium helps control blood pressure. Good sources are beet greens, potatoes, lima beans, winter squash, spinach and split peas.



Fruit Group—Includes fresh, frozen, canned and dried fruit and fruit juices.

- ▲ One cup of fruit or 100 percent fruit juice or 1/2 cup of dried fruit is considered 1 cup from the Fruit Group. A round fruit the size of a tennis ball is also considered 1 cup.
- ▲ Limit the amount of fruit juice you drink to less than half your total fruit intake.
- ▲ Fruit is nature's candy. It has a natural sugar called fructose.
- ▲ Fruit has fiber, vitamins, minerals, antioxidants and phytochemicals that help protect against chronic diseases and strengthen your immune system.

Nutrient Focus of the Fruit Group:

Vitamin C helps with wound healing and promotes healthy gums. It also aids with iron absorption and immune system function. Citrus fruits like oranges, grapefruits and pineapples along with melons and strawberries are good sources of vitamin C. Be sure to eat one fruit high in vitamin C every day.



Milk Group—Includes milk and products made from milk, such as yogurt and cheese.

- ▲ One cup of milk or yogurt; 1 1/2 ounces of natural cheese like cheddar, mozzarella, Swiss and parmesan; 2 ounces of processed cheese like American and 2 cups of cottage cheese count as 1 cup from the Milk Group.



- ▲ Milk-based desserts can also contribute calcium to your diet. One cup of pudding or frozen yogurt or 1 1/2 cups of ice cream count as 1 cup in the Milk Group. But, remember, they are high in calories.
- ▲ To decrease the amount of saturated fat in your diet, select fat free or low-fat milk products.
- ▲ Milk and milk products provide a variety of needed vitamins and minerals. They aid in the development and maintenance of your bones and teeth.

Nutrient Focus of the Milk Group:

Calcium forms bones and teeth and helps keep them strong.

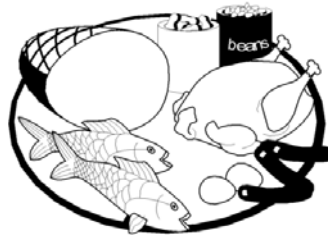
Vitamin D helps the body use calcium.

Phosphorus aids in bone calcification.

Meat and Bean Group—Includes meat, poultry, fish, eggs and nuts. Dry beans, peas and lentils are part of this group as well as the Vegetable Group.

- ▲ One ounce of lean meat, poultry or fish; 1 egg; 1 tablespoon of peanut butter; 1/4 cup of cooked dried beans, peas or lentils or 1/2 ounce of nuts is considered a 1-ounce equivalent from the Meat and Bean Group.
- ▲ The Meat and Bean Group provides needed protein foods, which aid in the growth, maintenance and repair of your body tissues.

Nutrient Focus of the Meat and Bean Group:



Protein forms a major part of a lean body. It is needed for growth and repair of tissue and regulates body processes.

Iron forms part of the hemoglobin in red blood cells. It carries oxygen to body cells and eliminates carbon dioxide. Good sources of iron are soybeans, liver, lean beef and skinless chicken. To better absorb iron, eat iron-rich foods along with foods high in vitamin C.

Oils—Make wise oil and fat choices and limit their use to reduce your risk of heart disease.

- ▲ Choose vegetable oils like olive, canola, peanut, corn, safflower and sunflower.
- ▲ Limit food and food products that are high in saturated fats and trans fats.

Physical Activity—Is body movements that expend energy.

- ▲ A healthy lifestyle is a combination of good nutrition and physical activity.
- ▲ Make physical activity a part of your daily routine.
 - 30 minutes to reduce risk of heart disease, diabetes and some cancers.
 - 60 minutes to prevent weight gain in adulthood.
 - 60 to 90 minutes teamed with a low-calorie diet to lose weight and keep it off.



SKILLET LASAGNA

1 lb. ground beef	1 tsp. Italian seasoning
1/2 cup onion, chopped	1 pkg. (8-oz.) wide noodles
2 cans (8-oz.) tomato sauce	1 cup cottage cheese
2 cups water	1/2 cup cheese, grated
1/4 tsp. garlic powder	

Brown ground beef and onion in a large skillet; drain fat. Add tomato sauce, water, garlic powder and Italian seasoning; bring to a boil. Add uncooked noodles; cover and simmer for 8 minutes. Stir mixture; spread cottage cheese on top. Sprinkle with cheese. Cover and simmer for 10 minutes or until noodles are tender. Yield: 6 servings. *Each serving provides 471 calories, 26 g protein, 24 g fat, 76 mg cholesterol, 36 g carbohydrate, 2 g fiber, 3 mg iron, 114 mg calcium, 840 IU vitamin A, 11 mg vitamin C and 581 mg sodium.*

FRIED RICE

1 onion, chopped	Optional Ingredients
1 Tbsp. oil	2 tsp. ginger root, grated
1 egg, beaten	1 cup cooked meat, diced (chicken, ham or pork)
4 cups cooked rice	1/2 cup frozen peas
1-2 Tbsp. soy sauce	1/2 tsp. Chinese Five Spice
1/4 tsp. pepper	

Sauté onion in oil until tender. Add egg and stir fry until done. Mix in rice, soy sauce and pepper; stir fry until hot. Yield: 4-6 servings. *Each serving provides 364 calories, 20 g protein, 8 g fat, 85 mg cholesterol, 52 g carbohydrate, 2 g fiber, 4 mg iron, 27 mg calcium, 195 IU vitamin A, 4 mg vitamin C and 318 mg sodium.*

Directions using optional ingredients: Sauté ginger root with onion in oil. Add optional ingredients of choice with rice, soy sauce and pepper.

ORIENTAL CHICKEN SALAD

2 chicken breasts	Dressing:
1/2 head of cabbage	2 Tbsp. sugar
1/2 cup slivered almonds (optional)	3 Tbsp. vinegar
4 green onions, chopped	1/2 cup oil
1 pkg. chicken ramen noodles	1/4 tsp. pepper
	1 seasoning packet



Cook and cube chicken. Chop cabbage and place in salad bowl. Toast almonds until lightly browned. Add almonds, onion and chicken to cabbage and toss. Break uncooked noodles in package and add to salad. Make dressing; pour over salad and toss lightly. Yield: 8 servings. *Each serving provides 343 calories, 17 g protein, 21 g fat, 37 mg cholesterol, 13 g carbohydrate, 3 g fiber, 2 mg iron, 62 mg calcium, 83 IU vitamin A, 28 mg vitamin C and 168 mg sodium.*

HOMEMADE CHILI

1 lb. ground beef
1 medium onion, chopped
1 can (14 1/2-oz.) tomatoes, crushed
2 cans (30-oz.) chili beans, undrained
1 can (12-oz.) tomato juice
3/4 cup catsup

1 Tbsp. chili powder
1/4 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. cumin
3/4 tsp. salt
1/4 tsp. pepper



Sauté ground beef and onion in a large saucepan over medium heat until meat is browned and onion is tender; drain fat. Add tomatoes, chili beans, tomato juice, catsup and seasonings; mix well. Bring to a boil; cover and reduce heat to low. Simmer for 20-30 minutes; stir occasionally. Yield: 8 servings. *Each serving provides 376 calories, 26 g protein, 11 g fat, 44 mg cholesterol, 45 g carbohydrate, 14 g fiber, 5 mg iron, 92 mg calcium, 773 IU vitamin A, 22 mg vitamin C and 1553 mg sodium.*

CHICKEN NOODLE SOUP

6 cups chicken broth
3 carrots, sliced
2 stalks celery, sliced
1/2 cup onion, chopped
1/8 tsp. Italian seasoning

1 Tbsp. parsley flakes
1/2 tsp. salt
1/8 tsp. pepper
2 cups cooked chicken, diced
1 cup noodles

In a large saucepan combine chicken broth, carrots, celery, onion, Italian seasoning, parsley, salt and pepper. Cover and simmer 15 minutes. Add chicken and noodles; cook until noodles are done. Yield: 6-8 servings. *Each serving provides 109 calories, 7 g protein, 2 g fat, 13 mg cholesterol, 15 g carbohydrate, 2 g fiber, 1 mg iron, 18 mg calcium, 7616 IU vitamin A, 4 mg vitamin C and 182 mg sodium.*

GREEN BEAN SKILLET

1 lb. green beans or
1 pkg. (16-oz.) frozen green beans
1 tsp. margarine
1 onion, chopped

1/2 cup ham, diced
1/4 tsp. garlic powder
Salt and pepper to taste

Wash and snap green beans. Cook in a small amount of water until tender, about 7-12 minutes; drain. Or, cook frozen green beans according to package directions; drain. Melt margarine in a large skillet. Add onion and ham; sauté over medium heat until onion is tender. Add green beans, garlic powder, salt and pepper; mix gently. Yield: 4-6 servings. *Each serving provides 72 calories, 6 g protein, 2 g fat, 11 mg cholesterol, 7 g carbohydrate, 2 g fiber, 1 mg iron, 34 mg calcium, 531 IU vitamin A, 18 mg vitamin C and 296 mg sodium.*

Substitution: Use 2 cans (16-oz.) green beans, drained.