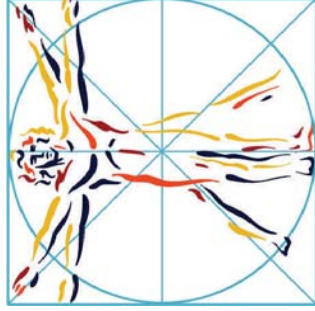


MyPyramid



Giving Your Body the Best

MyPyramid is the USDA food guidance system. The logo has six important symbols.

1. **Activity** is represented by the steps and the person climbing them. You should be physically active every day.
2. **Moderation** is represented by the narrowing of each food group from bottom to top. You should limit the intake of solid fats and added sugars.
3. **Personalization** is shown by the person on the steps, the slogan and the Web site. Look up MyPyramid.gov on the Internet.
4. **Proportionality** is shown by the different widths of the food group bands. You should eat more low-fat foods and less foods high in sugars.
5. **Variety** is symbolized by the color bands that represent each food group and oils. You should eat foods from all groups.
6. **Gradual improvement** is encouraged by the slogan, "Steps to a Healthier You."

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MyPyramid Logo

1. Activity
2. Moderation
3. Personalization
4. Proportionality
5. Variety
6. Gradual improvement



MyPyramid offers you a personalized approach to a healthy lifestyle. It focuses on calorie intake, food groups and physical activity.



Calorie Intake

Calorie intake is based on your individual needs. You should balance the calories you eat with the calories you expend throughout the day.

The calorie chart estimates your needs according to age, sex and physical activity. (Refer to handout or the Internet Web site MyPyramid.gov) What are your calorie needs? These estimates are based on a low-fat, limited sugar diet. Your daily discretionary calories, which are the calories left over after you meet your nutrient needs, are listed on the food group chart. (Refer to handout). These calories can be used however you want. For example, use whole milk rather than low-fat. They can also be used for that occasional sweet . . . in moderation of course.

Calorie Intake

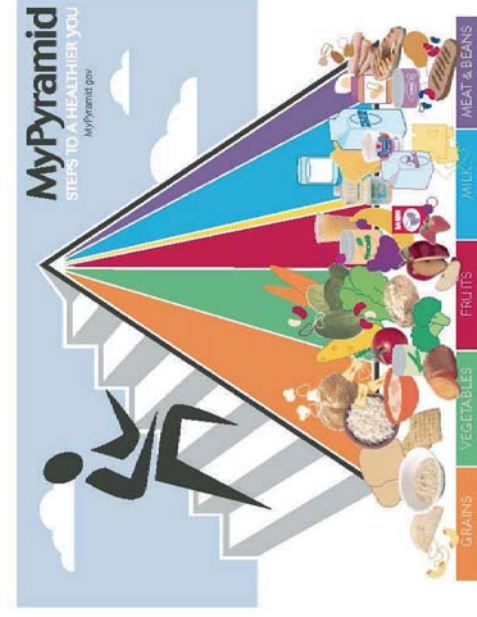


What are your needs?

Food Groups

The food groups that make up MyPyramid work together to provide the nutrient balance your body needs. Reviewing the food groups individually will give you tips on how to make the pyramid work for you.

Food Groups



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

The amount you should eat each day is based on your personal needs. (Refer to handout or the Internet Web site MyPyramid.gov.) How many ounces do you need?

In general, 1 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.



Grain Group
Make half your grains whole

How many ounces do you need?

Whole grains help reduce your risk of heart disease and other chronic diseases. Read ingredient lists and choose foods with whole grains listed first. They are rich in fiber and good for your body. Fiber is like the vacuum cleaner of your digestive tract. It keeps your system clean and healthy. Check Nutrition Facts labels for serving sizes. At least half of all the grains you eat should be whole grains.

Nutrient focus of the Grain Group:

Carbohydrates supply fuel for the body.

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

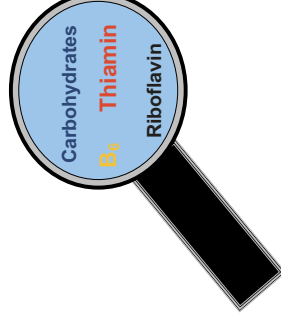
Riboflavin promotes healthy skin and eyes. It also assists with metabolism.

Vitamin B₆ helps with blood cell production and metabolism.

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Whole Grains Reduce Risk of Heart Disease and Other Chronic Diseases

- Read ingredient lists
- Check Nutrition Facts labels
- Make whole grain choices most often



The **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.

The amount you should eat each day is based on your personal needs. (Refer to handout or the Internet Web site MyPyramid.gov.) How many cups do you need?

In general, 1 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.



How many cups do you need?

Vegetables have fiber, vitamins, minerals, antioxidants and phytochemicals, which protect you against many chronic diseases. Include vegetables in lunch, dinner and snacks. Add vegetables to main dishes such as soups, stews, casseroles and stir-fries. Prepare vegetable side dishes and salads. Eat dry beans, peas and lentils frequently.

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.

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Vegetables Protect Against Many Chronic Diseases

- Include vegetables in lunch, dinner and snacks
- Add vegetables to main dishes
- Prepare vegetable side dishes and salads
- Eat beans, peas and lentils frequently





EFNEP—Expanded Food and Nutrition Education Program

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Reference

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