Get What YOU Need

How much and what you eat and how much you move over several days, not just in one day, is what matters.

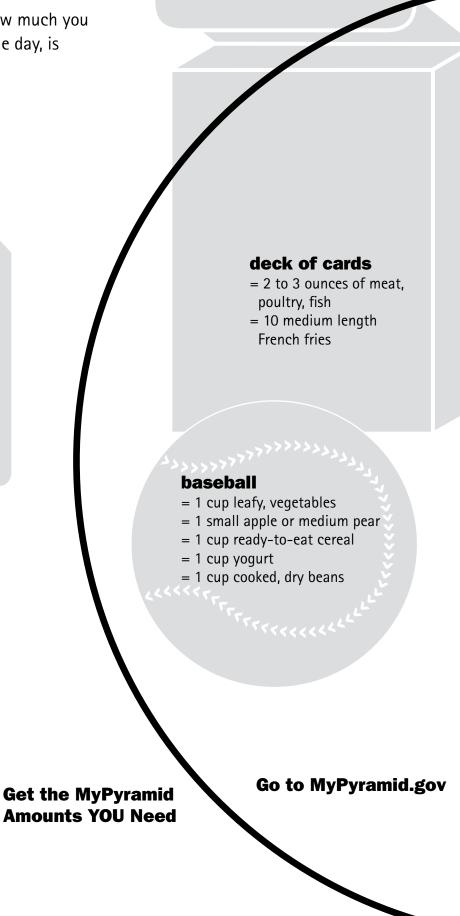
Estimate AMOUNTS

Compare what you eat to MyPyramid amounts and Serving Sizes on the Nutrition Facts Label.

8-ounce carton

= 1 cup milk

Fill in your – Gender: Activity level:		Age:
MyPyramid food group amounts at 2,000 calories		Fill in YOUR Amounts
Fruits	2	
Group	cups	cups
Vegetables 2½		
Group	cups	cups
Milk	3	
Group	cups or equivalent	cups or equivalent
Meat &	5½	
Beans Group	ounces or equivalent	ounces or equivalent
Grains Group	6 ounces or equivalent	ounces or equivalent



2 batteries (9-volt)

= 1½ ounces natural cheese, like cheddar

small computer mouse

- = $\frac{1}{2}$ cup cooked vegetables
- = $\frac{1}{2}$ cup chopped or canned fruit
- = $\frac{1}{2}$ cup cooked cereal, rice, or pasta

CD

= 1 slice bread

Consider the INGREDIENTS

The amounts are listed from most to least (by weight) on packaging

Use the 5%-20%

DV Guide

5% or less is LOW 20% or more is HIGH

Eat **ENOUGH**

foods with the nutrients you need. Nutrient dense foods can improve your health and reduce the chance of some chronic diseases.

Eat **LESS**

food high in saturated fat, Trans fat, cholesterol, sodium, and added sugars. Eating too much is linked to being overweight and some chronic diseases such as heart disease and type 2 diabetes.

Sit LESS Move MORE

Teens and children need to be physically active at least 60 minutes on most or all days.