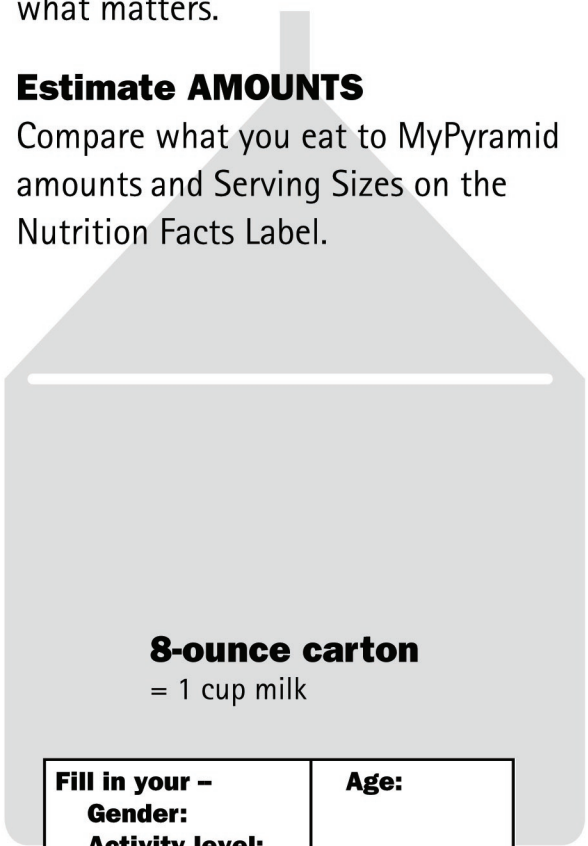


# Get What YOU Need

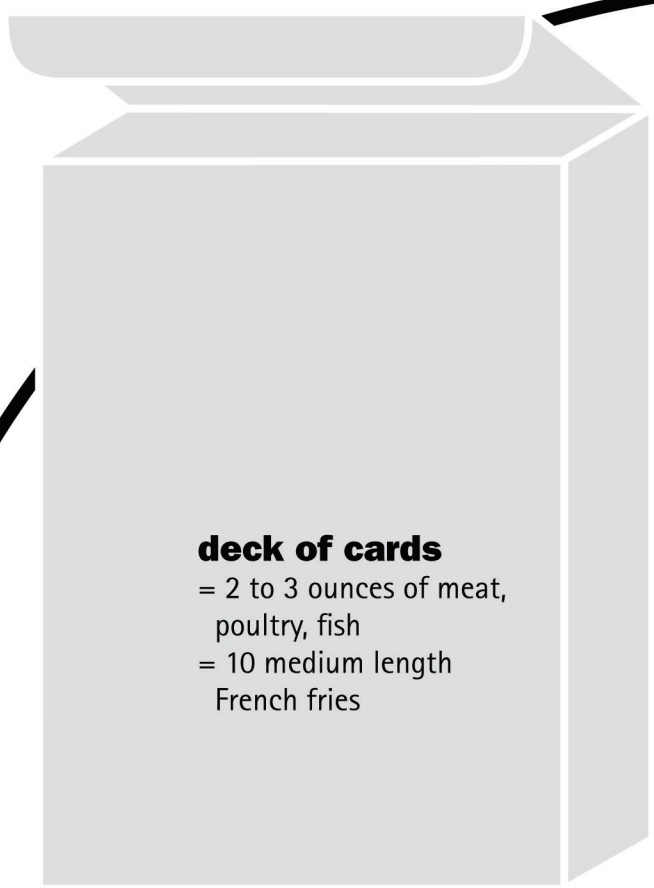
How much and what you eat and how much you move over several days, not just in one day, is what matters.

## Estimate AMOUNTS

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



**8-ounce carton**  
= 1 cup milk



**deck of cards**  
= 2 to 3 ounces of meat, poultry, fish  
= 10 medium length French fries



**baseball**  
= 1 cup leafy, vegetables  
= 1 small apple or medium pear  
= 1 cup ready-to-eat cereal  
= 1 cup yogurt  
= 1 cup cooked, dry beans

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

**Get the MyPyramid  
Amounts YOU Need**

**Go to MyPyramid.gov**



**2 batteries** (9-volt)  
= 1½ ounces natural  
cheese, like cheddar

**small computer mouse**  
= ½ cup cooked vegetables  
= ½ cup chopped or canned fruit  
= ½ 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.