

GLOSSARY OF TERMS USED IN THE MYPYRAMID FOOD GUIDANCE SYSTEM

Added Sugars - Sugars and syrups that are added to foods during processing or preparation. Added sugars do not include naturally occurring sugars such as those that occur in milk and fruit.

Aggregation - A combination of the same or similar ingredients into food item clusters. Marcoe et al provide an example in Figure 2.¹ (See also: disaggregation, item cluster.)

Body Mass Index (BMI) - BMI is a practical measure for approximating total body fat and is a measure of weight in relation to height. It is calculated as weight in kilograms divided by the square of the height in meters.

Composite - A representation of the foods contained in each food group or subgroup in the MyPyramid food intake patterns, in amounts that correspond to their relative consumption.

Cup Equivalent (cup eq) - A comparable amount of various foods used as a standard of comparison within the fruit, vegetable, and milk food groups. In the fruit and vegetable groups, a cup eq is the amount of a food considered equivalent to 1 cup of a cut-up fruit or vegetable; in the milk group, one cup eq is the amount of food considered equivalent to 1 cup of milk. Britten et al provide examples of cup eq in Table 6.²

Dietary Reference Intakes (DRIs) - A set of nutrient-based reference values that expand upon and replace the former Recommended Dietary Allowances (RDAs). They are a set of four reference values: Estimated Average Requirements (EARs), RDAs, Adequate Intake Levels (AIs), and Tolerable Upper Intake Levels (ULs).

Disaggregation - Division of mixed foods reported in consumption surveys into their component ingredients for analysis. Marcoe et al provide an example in Figure 1.¹ (See also: aggregation, item cluster.)

Discretionary Calorie Allowance - The balance of calories remaining in a person's energy allowance after accounting for the number of calories needed to meet recommended nutrient intakes through consumption of foods in low-fat or no-added-sugars forms. (See also: essential calories.) The discretionary calorie allowance may be used for forms of foods that are not the most nutrient-dense (e.g., whole milk rather than fat-free milk), for additions to foods (e.g., salad dressing, sugar, butter), for alcoholic beverages, or for intake from any food group or oils over the amount recommended. In MyPyramid, added sugars and discretionary solid fats are always counted as discretionary calories.

Discretionary Fat - Fat in a food above the amount that would be found in a lean, low-fat, or fat-free form of the food. Discretionary fats are classified as either solid fats or oils. All discretionary solid fats are counted as discretionary calories. Discretionary oils are counted as discretionary calories if they exceed the food intake pattern recommendation for oil consumption. (See also: discretionary calories, oils, solid fats.)

Essential Calories - The number of calories needed to meet recommended nutrient intakes through consumption of recommended amounts of foods in low-fat or fat-free and no-added-sugars forms.

Estimated Energy Requirement (EER) - The EER represents the average dietary energy intake that will maintain energy balance in a healthy person of a given gender, age, weight, height, and physical activity level. MyPyramid used EERs to assign food intake patterns at an appropriate energy level to population groups based on their age, sex, and physical activity level (see below), assuming an average height and healthy weight. Britten et al provide EER formulas from the Institute of Medicine for various age/sex groups in Table 1.²

Activity levels used in MyPyramid EER calculations -

Sedentary means a lifestyle that includes only the physical activity of independent living.

Low Active means a lifestyle that includes at least 30 minutes per day of moderate physical activity (equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour) in addition to the activities of independent living. (See also: moderate physical activity.)

Active means a lifestyle that includes at least 60 minutes per day of moderate physical activity (equivalent to walking more than 3 miles per day at 3 to 4 miles per hour) in addition to the activities of independent living. (See also: moderate physical activity.)

Food Code - A distinct tracking number assigned to each food reported eaten in a food consumption survey. A food code may represent a single-ingredient food or a mixed food with multiple ingredients.

Food Group - A set of food items that have been identified based on similarities in nutrient content and/or use by consumers and grouped together for purposes of dietary guidance. In MyPyramid, the basic food groups are bread, cereal, rice, and pasta; fruits; vegetables; milk, yogurt, and cheese; and meat, poultry, fish, dry beans and peas, eggs, and nuts. The short-hand name for the bread, cereal, rice, and pasta group is the "grain group," for the milk, yogurt, and cheese group is the "milk group," and for the meat, poultry, fish, dry beans and peas, eggs, and nuts group is the "meat and beans group."

Food Intake Pattern - The types and amounts of foods recommended to be eaten to meet specific nutritional goals. The MyPyramid Food Guidance System provides food intake patterns at 12 calorie levels for amounts of food to eat from each food group, food subgroup, and oils. Each pattern also includes a discretionary calorie allowance.

Food Subgroup - A distinct subset of foods within a food group with specified similarities, for which there is a quantity recommendation for consumption. In MyPyramid, the vegetable group is composed of the following subgroups: dark-green

vegetables, orange vegetables, dry beans and peas, starchy vegetables, and other vegetables. The grain group is composed of the whole grains and refined grains subgroups.

Ingredient - Food item that is part of or makes up a mixed food. Examples are the flour, cheese, tomatoes, and salt in a cheese pizza.

Item Cluster - A grouping that is composed of the same or similar food items or ingredients from mixed foods. Item clusters are developed by breaking apart mixed foods into their ingredients, and then combining ingredients with the same or similar ingredient from other foods. An example is the cooked tomato item cluster, which combines the tomatoes eaten as part of pizza, tomato soup, and all other cooked tomato-containing foods.

Mixed Food - A food with more than one ingredient. Examples are cheese pizza and tomato soup.

Moderate Physical Activity - Any activity that burns 3.5 to 7 kcal/min or the equivalent of 3 to 6 metabolic equivalents (METs) and results in achieving 60 to 73 percent of peak heart rate. Examples of moderate physical activity include walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity. (See also: Estimated Energy Requirements—Activity levels used in MyPyramid EER calculations.)

MyPyramid Food Guidance System - A set of information and tools to help translate the 2005 *Dietary Guidelines for Americans* and help consumers follow its recommendations. The Food Guidance System includes food intake patterns, print and Web-based consumer materials, interactive tools, and information for professionals.

Nutrient-Dense Foods - Foods that provide substantial amounts of vitamins and minerals and relatively few calories. Foods in nutrient-dense forms are those that are in their low-fat or fat-free forms and without added sugars.

Nutrient Profile - The array of nutrients provided by a specific amount of a food group or subgroup. The nutrient profile is the weighted average nutrient content of nutrient-dense forms of representative foods within a group. Weights assigned to each representative food are based on the composite, the proportions of each consumed by the population. Marcoe et al provide a general formula and example in Figure 3.¹

Oils - Fats that are liquid at room temperature, such as the vegetable oils used in cooking. Oils come from many different plants and from fish. Some common oils are corn oil, soybean oil, canola oil, cottonseed oil, olive oil, safflower oil, sunflower oil, walnut oil, and sesame oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Most oils are high in monounsaturated or polyunsaturated fats and low in saturated fats. A few plant oils, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats. Oils that have been partially hydrogenated contain *trans* fatty

acids and for nutritional purposes should also be considered to be solid fats. While oils are not considered a food group, recommended amounts of oils are included in the MyPyramid food intake patterns because oils are a major source of essential fatty acids and vitamin E.

Ounce Equivalent (oz eq) - A comparable amount of various foods used as a standard of comparison within the grain and meat and beans food groups. In the grain group, an oz eq is the amount of a food considered equivalent to a one-ounce slice of bread or one ounce of dry cereal; in the meat and beans group, one oz eq is the amount of food considered equivalent to one ounce of cooked lean meat, poultry, or fish. Britten et al provide examples of oz eq for both food groups in Table 6.²

Refined Grains - A grain product that is missing the bran, germ, or endosperm, or more than one of these; a grain product that is not a whole grain. Many refined grains are enriched with thiamin, riboflavin, niacin, and iron and fortified with folate. Refined grains are a subgroup within the grain group in MyPyramid.

Representative Food/Representative Food Code - A food from the USDA Food and Nutrient Database for Dietary Studies or National Nutrient Database for Standard Reference that was used to stand for an item cluster and was used to calculate a composite's nutrient profile. The selected food was in its most nutrient-dense form, that is, in a low-fat or fat-free form, with no added sugars, and with no added salt.

Solid Fats - Fats that are solid at room temperature, such as butter, lard, and shortening. These fats may be visible or may be a constituent of foods such as milk, cheese, meats, or baked products. Solid fats come from many animal foods and can be made from vegetable oils through hydrogenation. Solid fats are generally higher than oils in saturated and/or *trans* fatty acids. A few plant oils, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be the same as solid fats. Oils that have been partially hydrogenated contain *trans* fatty acids and for nutritional purposes should also be considered to be solid fats.

Whole Grains - Foods made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, it must retain nearly the same relative proportions of bran, germ, and endosperm as the original grain in order to be considered whole grain. Whole grains are a subgroup within the grain group in MyPyramid.

REFERENCES

1. Marcoe K, Juan WY, Yamini S, Carlson A, Britten P. Development of Food Group Composites and Nutrient Profiles for the MyPyramid Food Guidance System. *J Nutr Educ Behav* 2006;38:S93-S107.
2. Britten P, Marcoe K, Yamini S, Davis C. Development of Food Intake Patterns for the MyPyramid Food Guidance System. *J Nutr Educ Behav* 2006;38:S78-S92.