



It's Up to You

Decide What YOU Will Eat

2 Cups a day*

2½ Cups a day*

3 Cups a day*

5½ Ounces a day*

6 Ounces a day*

Choose OILS in place of fats that are solid at room temperature

Use the label to choose foods **HIGHER** in vitamins & minerals & **LOWER** in calories



Choose foods for their nutrients

5% Daily Value or Less is **LOW**

20% Daily Value or more is **HIGH**

The first 3 items on **INGREDIENT LISTS** make up the largest parts of foods.

Eat Half Your Grains as Whole Grains

whole wheat
brown rice
bulgur
oats
popcorn

Eat Less Added Sugars & Solid Fats

sugar
fructose
corn syrup
honey

butter
animal fats
shortening
hydrogenated oils

* For a 2,000 calorie diet, you need the amounts shown above from each food group.

To find the amounts that are right for you, go to MyPyramid.gov

More materials and information are online at: teammnutrition.usda.gov.



USDA is an equal opportunity provider and employer.

It's Up to You



Decide What YOU Will Eat

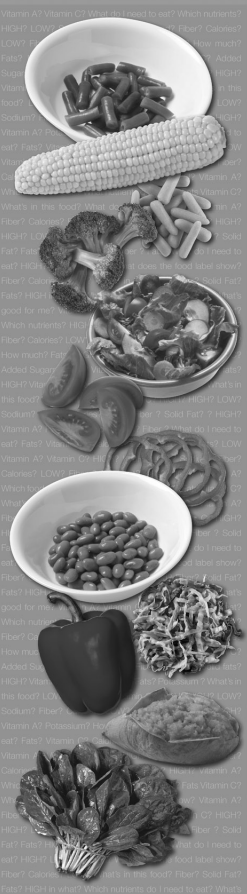
2 Cups a day*

2½ Cups a day*

3 Cups a day*

5½ Ounces a day*

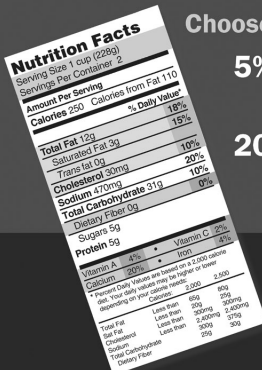
6 Ounces a day*



Choose OILS in place of fats that are solid at room temperature



Use the label to choose foods **HIGHER** in vitamins & minerals & **LOWER** in calories



Choose foods for their nutrients

5% Daily Value or Less is **LOW**
20% Daily Value or more is **HIGH**

The first 3 items on **INGREDIENT LISTS** make up the largest parts of foods.

Eat Half Your Grains as Whole Grains

whole wheat
brown rice
bulgur
oats
popcorn

Eat Less Added Sugars & Solid Fats

sugar
fructose
corn syrup
honey
butter
animal fats
shortening
hydrogenated oils

*For a 2,000 calorie diet, you need the amounts shown above from each food group.

To find the amounts that are right for you, go to MyPyramid.gov

More materials and information are online at: teammnutrition.usda.gov.



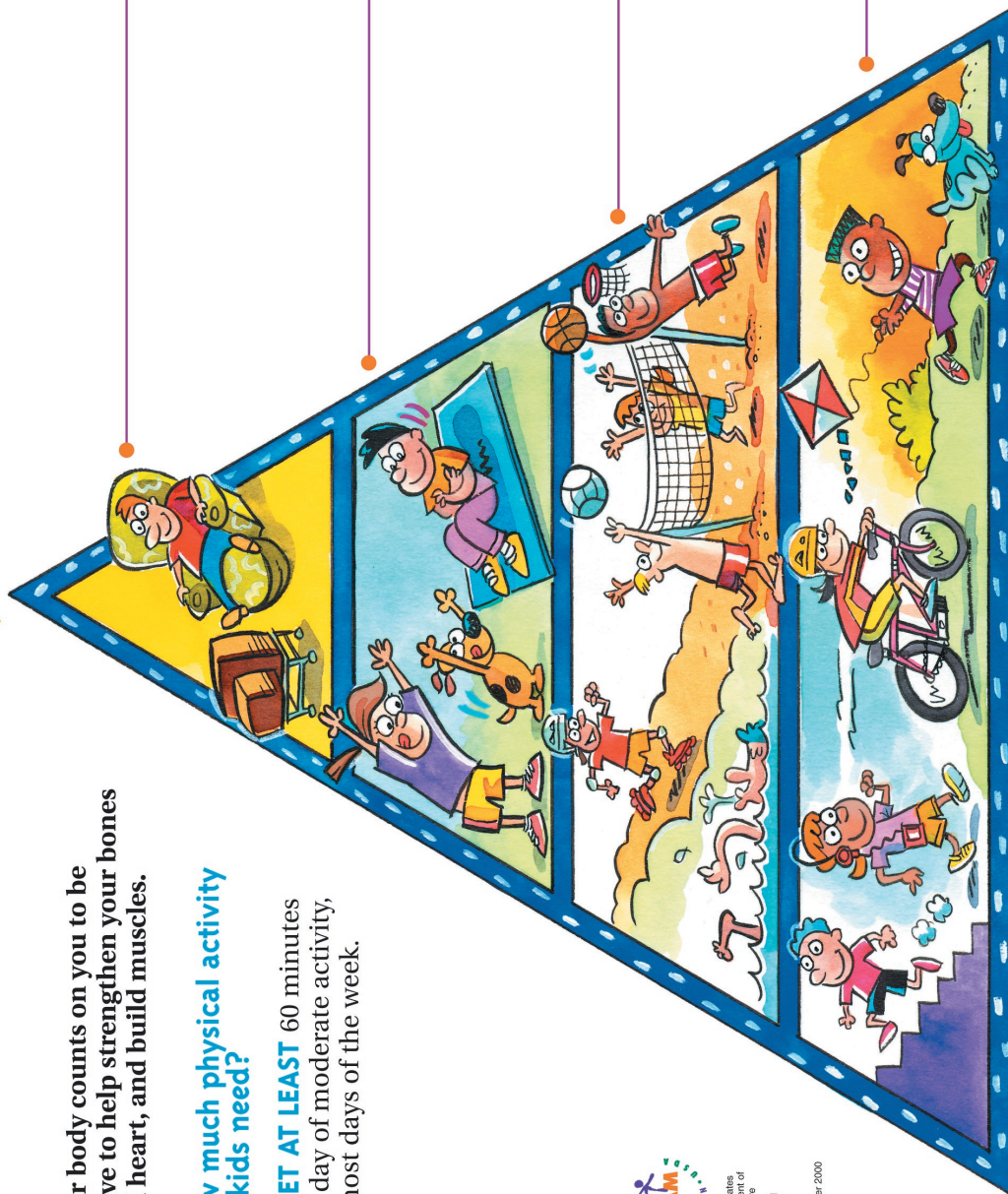
USDA is an equal opportunity provider and employer.

Move It! Choose your FUN!

Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do kids need?

- **GET AT LEAST** 60 minutes a day of moderate activity, most days of the week.



Do...

LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

Do enough strengthening activities to keep your muscles firm.

MORE

Do more intense activities that warm you up and make you glow!

PLENTY

Walk, wiggle, dance, climb the stairs. Just keep moving whenever you can.

Move It! Choose your FUN!

Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do kids need?

- GET AT LEAST 60 minutes a day of moderate activity, most days of the week.

Do...

LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

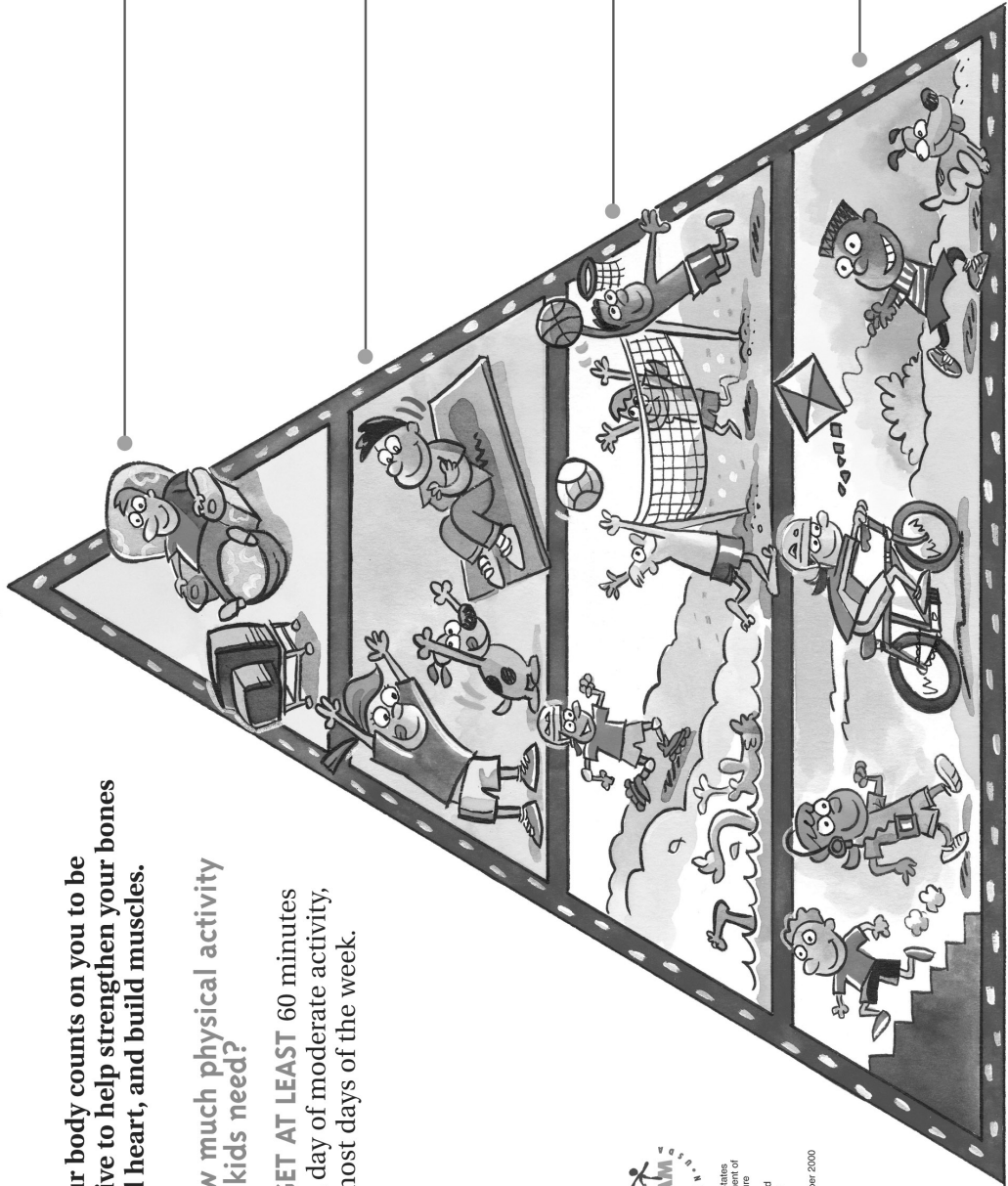
Do enough strengthening activities to keep your muscles firm.

MORE

Do more intense activities that warm you up and make you glow!

PLENTY

Walk, wiggle, dance, climb the stairs. Just keep moving whenever you can.



United States Department of Agriculture Food and Nutrition Service

September 2000

See us on the web: teamnutrition.usda.gov

USDA is an equal opportunity provider and employer.

Reviewed and approved for reprinting December 2007.



READ IT before you EAT IT!

How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250 Calories from Fat 110	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4% • Vitamin C 2%	
Calcium 20% • Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high



What food would have this Nutrition Facts label? Answer below.*

What's the Best Choice for You? Use the Nutrition Facts Label to Make Choices

Plain Muffin
Nutrition Facts
Serving Size 1 muffin (50g)
Servings Per Container 8

Amount Per Serving	
Calories 190 Calories from Fat 45	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Trans Fat 0g	0%
Cholesterol 15mg	6%
Sodium 160mg	8%
Total Carbohydrate 32g	8%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 3g	
Vitamin A 2% • Vitamin C 0%	
Calcium 8% • Iron 6%	

Glazed Doughnut
Nutrition Facts
Serving Size 1 doughnut (45g)
Servings Per Container 8

Amount Per Serving	
Calories 250 Calories from Fat 100	
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 3.5g	17%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 27g	8%
Dietary Fiber 1g	6%
Sugars 9g	
Protein 4g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Honey Graham Crackers
Nutrition Facts
Serving Size 2 crackers (20g)
Servings Per Container 8

Amount Per Serving	
Calories 100 Calories from Fat 25	
% Daily Value*	
Total Fat 3g	6%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	12%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Vegetarian Chili
Nutrition Facts
Serving Size 1 cup (130g)
Servings Per Container 2

Amount Per Serving	
Calories 420	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 5g	
Vitamin A 10% • Vitamin C 0%	
Calcium 4% • Iron 6%	

Pepperoni Pizza
Nutrition Facts
Serving Size 1 slice (140g)
Servings Per Container 8

Amount Per Serving	
Calories 400 Calories from Fat 220	
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 11g	55%
Trans Fat 1g	2%
Cholesterol 70mg	33%
Sodium 500mg	38%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 10g	
Vitamin A 15% • Vitamin C 2%	
Calcium 30% • Iron 6%	

Pork Loin Chop, Broiled
Nutrition Facts
Serving Size 1 chop (85g)
Servings Per Container 5

Amount Per Serving	
Calories 170 Calories from Fat 65	
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2.5g	12%
Trans Fat 0g	0%
Cholesterol 70mg	33%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Lowfat Milk, 1%
Nutrition Facts
Serving Size 1 cup (240g)
Servings Per Container 8

Amount Per Serving	
Calories 100 Calories from Fat 20	
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 100mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 18% • Vitamin C 0%	
Calcium 30% • Iron 0%	

Orange Soda
Nutrition Facts
Serving Size 1 can (355g)
Servings Per Container 1

Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 40g	18%
Dietary Fiber 0g	0%
Sugars 40g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

Orange Juice, Plus Calcium
Nutrition Facts
Serving Size 1 1/2 cup (400g)
Servings Per Container 8

Amount Per Serving	
Calories 110	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	8%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 2g	
Vitamin A 0% • Vitamin C 100%	
Calcium 35% • Iron 0%	

*Answer: Box of macaroni and cheese.

How do your choices stack up? This combination of foods and amounts meets the MyPyramid food group recommendations for about 2,000 calories a day. The photos show approximate serving sizes from the five major food groups of the MyPyramid. This combination of food choices shows the servings from the Pyramid for an older child, or teen girl, for one day. Teen boys may need more servings of foods.

teammnutrition.usda.gov
United States Department of Agriculture • Food and Nutrition Service • January 2007
USDA is an equal opportunity provider and employer.



READ IT before you EAT IT!

How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

	% Daily Value*	
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans fat 0g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A 4%	•	Vitamin C 2%
Calcium 20%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

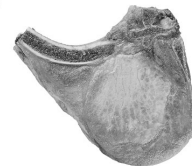
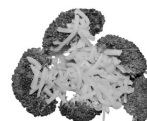
	Calories: 2,000		2,500	
Total Fat	Less than 65g	80g		
Sat Fat	Less than 20g	25g		
Cholesterol	Less than 300mg	300mg		
Sodium	Less than 2,400mg	2,400mg		
Total Carbohydrate	300g	375g		
Dietary Fiber	25g	30g		

What food would have this Nutrition Facts label? Answer below.*

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high



What's the Best Choice for You?

Use the Nutrition Facts Label to Make Choices

Plain Muffin

Nutrition Facts
Serving Size 1 muffin (60g)
Servings Per Container 8

Amount Per Serving
Calories 100 Calories from Fat 40

Total Fat	4.5g	7%	
Saturated Fat	1g	4%	
Trans Fat	0g	0%	
Cholesterol	10mg	6%	
Sodium	160mg	8%	
Total Carbohydrate	17g	6%	
Dietary Fiber	1g	4%	
Sugars	6g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

Glazed Doughnut

Nutrition Facts
Serving Size 1 doughnut (60g)
Servings Per Container 8

Amount Per Serving
Calories 250 Calories from Fat 100

Total Fat	14g	21%	
Saturated Fat	3.5g	17%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	270mg	9%	
Total Carbohydrate	27g	9%	
Dietary Fiber	1g	0%	
Sugars	3g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	0%

Honey Graham Crackers

Nutrition Facts
Serving Size 1 cracker (20g)
Servings Per Container 25

Amount Per Serving
Calories 100 Calories from Fat 25

Total Fat	3g	6%	
Saturated Fat	1g	5%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	150mg	6%	
Total Carbohydrate	27g	7%	
Dietary Fiber	1g	4%	
Sugars	7g		
Protein	2g		
Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	4%

Vegetarian Chili

Nutrition Facts
Serving Size 1 cup (130g)
Servings Per Container 2

Amount Per Serving
Calories 400

Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	200mg	12%	
Total Carbohydrate	10g	3%	
Dietary Fiber	3g	12%	
Sugars	7g		
Protein	9g		
Vitamin A	10%	Vitamin C	0%
Calcium	4%	Iron	0%

Pepperoni Pizza

Nutrition Facts
Serving Size 1 slice (140g)
Servings Per Container 8

Amount Per Serving
Calories 400 Calories from Fat 200

Total Fat	25g	50%	
Saturated Fat	11g	55%	
Trans Fat	1g	2%	
Cholesterol	50mg	17%	
Sodium	200mg	38%	
Total Carbohydrate	25g	8%	
Dietary Fiber	2g	8%	
Sugars	1g		
Protein	10g		
Vitamin A	10%	Vitamin C	2%
Calcium	30%	Iron	6%

Pork Loin Chop, Broiled

Nutrition Facts
Serving Size 2 ounces (56g)
Servings Per Container 5

Amount Per Serving
Calories 170 Calories from Fat 65

Total Fat	7g	10%	
Saturated Fat	2.5g	12%	
Trans Fat	0g	0%	
Cholesterol	70mg	23%	
Sodium	50mg	2%	
Total Carbohydrate	0g	0%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	26g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

Lowfat Milk, 1%

Nutrition Facts
Serving Size 1 cup (240ml)
Servings Per Container 1

Amount Per Serving
Calories 100 Calories from Fat 25

Total Fat	2.5g	4%	
Saturated Fat	1.5g	8%	
Trans Fat	0g	0%	
Cholesterol	10mg	3%	
Sodium	100mg	5%	
Total Carbohydrate	12g	4%	
Dietary Fiber	0g	0%	
Sugars	11g		
Protein	8g		
Vitamin A	100%	Vitamin C	0%
Calcium	30%	Iron	0%

Orange Soda

Nutrition Facts
Serving Size 1 can (350ml)
Servings Per Container 1

Amount Per Serving
Calories 100

Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	100mg	5%	
Total Carbohydrate	46g	16%	
Dietary Fiber	0g	0%	
Sugars	46g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

Orange Juice, Plus Calcium

Nutrition Facts
Serving Size 1 cup (240ml)
Servings Per Container 1

Amount Per Serving
Calories 110


Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	26g	9%	
Dietary Fiber	0g	0%	
Sugars	26g		
Protein	2g		
Vitamin A	0%	Vitamin C	100%
Calcium	30%	Iron	0%

*Answer: Box of macaroni and cheese.

How do your choices stack up? This combination of foods and amounts meets the MyPyramid food group recommendations for about 2,000 calories a day. The photos show approximate serving sizes from the five major food groups of the MyPyramid. This combination of food choices shows the servings from the Pyramid for an older child, or teen girl, for one day. Teen boys may need more servings of foods.

teamnutrition.usda.gov
United States Department of Agriculture • Food and Nutrition Service • January 2007
USDA is an equal opportunity provider and employer.

FIGHT BAC!



CLEAN
Wash hands and surfaces often.

SEPARATE
Don't cross-contaminate.

CHILL
Refrigerate promptly.

COOK
Cook to proper temperatures.

Keep Food Safe From Bacteria™

For More Food Safety Information, Visit our Website:
<http://healthymeals.nal.usda.gov>



FIGHT BAC!



CLEAN
Wash hands and surfaces often.

SEPARATE
Don't cross-contaminate.

CHILL
Refrigerate promptly.

COOK
Cook to proper temperatures.

Keep Food Safe From Bacteria™

For More Food Safety Information, Visit our Website:
<http://healthymeals.nal.usda.gov>

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.



Amounts of foods
For 2,000 calories

<p>½ cup of fruit juice = size of a 4 oz juice box</p>	<p>1 small apple = 1 cup = size of a baseball</p>	<p>½ cup of sliced fruit = size of a small computer mouse</p>	<p>2 cups Fruit Group</p>
<p>½ cup of carrots or other vegetables = size of a small computer mouse</p>	<p>10 medium fries counts as ½ cup = size of a deck of cards</p>	<p>1 cup of raw vegetables = size of a baseball</p>	<p>2½ cups Vegetable Group</p>
<p>1 cup of milk = an 8 oz carton of milk</p>	<p>1 cup of yogurt = size of a baseball</p>	<p>1½ oz. of low-fat natural cheese* = size of two 9-volt batteries</p> <p><small>*Counts as one cup</small></p>	<p>3 cups or equivalent Milk Group</p>
<p>2-3 oz. of meat, poultry, or fish = size of a deck of cards</p>	<p>1 tablespoon of peanut butter counts as 1 oz = size of one 9-volt battery</p>	<p>½ cup of beans counts as 2 oz = size of a small computer mouse</p>	<p>5½ ounces or equivalent Meat & Beans Group</p>
<p>½ cup of cooked pasta = 1 oz = size of a small computer mouse</p>	<p>1 cup of dry cereal = 1 oz = size of a baseball</p>	<p>1 slice of bread counts as 1 oz = size of a CD*</p> <p><small>*About the thickness of 10 CDs (½ inch)</small></p>	<p>6 ounces or equivalent Grains Group</p>

How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.



Amounts of foods
For 2,000 calories

½ cup of fruit juice
= size of a 4 oz juice box

1 small apple = 1 cup
= size of a baseball

½ cup of sliced fruit
= size of a small computer mouse

2 cups
Fruit Group

½ cup of carrots or other vegetables
= size of a small computer mouse

10 medium fries counts as ½ cup
= size of a deck of cards

1 cup of raw vegetables
= size of a baseball

2½ cups
Vegetable Group

1 cup of milk
= an 8 oz carton of milk

1 cup of yogurt
= size of a baseball

1½ oz. of low-fat natural cheese*
= size of two 9-volt batteries

*Counts as one cup

3 cups or equivalent
Milk Group

2-3 oz. of meat, poultry, or fish
= size of a deck of cards

1 tablespoon of peanut butter counts as 1 oz
= size of one 9-volt battery

½ cup of beans counts as 2 oz
= size of a small computer mouse

5½ ounces or equivalent
Meat & Beans Group

½ cup of cooked pasta = 1 oz
= size of a small computer mouse

1 cup of dry cereal = 1 oz
= size of a baseball

1 slice of bread counts as 1 oz
= size of a CD*

*About the thickness of 10 CDs (½ inch)

6 ounces or equivalent
Grains Group