

MyPyramid Amounts of Foods—FOR YOU

Lesson 1

Go to MyPyramid.gov for your personal plan. The numbers shown below are estimated amounts.

GIRLS	Your age: Activity level:	9-13 years			14-18 years		
		Inactive	Somewhat Active	Active	Inactive	Somewhat Active	Active
MyPyramid Food Group	Fill in YOUR Amounts						
Fruits Group	cups	1½ cups		2 cups	1½ cups	2 cups	
Vegetables Group	cups	2 cups	2½ cups				3 cups
Milk Group	cups or equivalent	3 cups or equivalent					
Meat & Beans Group	ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent	6½ ounces or equivalent	
Grains Group	ounces or equivalent	5 ounces or equivalent	6 ounces or equivalent				8 ounces or equivalent

BOYS	Your age: Activity level:	9-13 years			14-18 years		
		Inactive	Somewhat Active	Active	Inactive	Somewhat Active	Active
MyPyramid Food Group	Fill in YOUR Amounts						
Fruits Group	cups	1½ cups	2 cups				2½ cups
Vegetables Group	cups	2½ cups		3 cups	3½ cups		4 cups
Milk Group	cups or equivalent	3 cups or equivalent					
Meat & Beans Group	ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent	6½ ounces or equivalent	6 ounces or equivalent	6½ ounces or equivalent	7 ounces or equivalent
Grains Group	ounces or equivalent	6 ounces or equivalent		8 ounces or equivalent	7 ounces or equivalent	9 ounces or equivalent	10 ounces or equivalent
Key	Less Food	Amounts for about 2,000 calories		More Food			

WHERE DO YOU FIT?

- Inactive Lifestyle..... includes only the light physical activity of day-to-day life activities.
- Somewhat Active Lifestyle... includes being physically active at a level equal to walking about 1½ to 3 miles at 3 to 4 miles per hour, beyond day-to-day life activities.
- Active Lifestyle..... includes being physically active at a level equal to walking more than 3 miles at 3 to 4 miles per hour, beyond day-to-day life activities.