

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:
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 & Beans 5½ Group ounces or equivalent	ounces or equivalent
Grains 6 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.