

# USDA RELEASES MYPYRAMID TRACKER

*A tool to help consumers evaluate their daily food choices and physical activity level*

**MyPyramid Tracker** is a web-based interactive tool that helps consumers compare their diet and physical activity to current health recommendations. Individuals can enter the foods they eat and their physical activities for a day and obtain the energy balance between them.

**MyPyramid Tracker** provides each user with detailed, personalized results.

**By using MyPyramid Tracker consumers can:**

➤ **Compare their food choices for a day to current nutrition recommendations from the Dietary Guidelines.**

**The 2005 Dietary Guidelines (DG) Recommendations for JohnDoe on 4/11/2005**

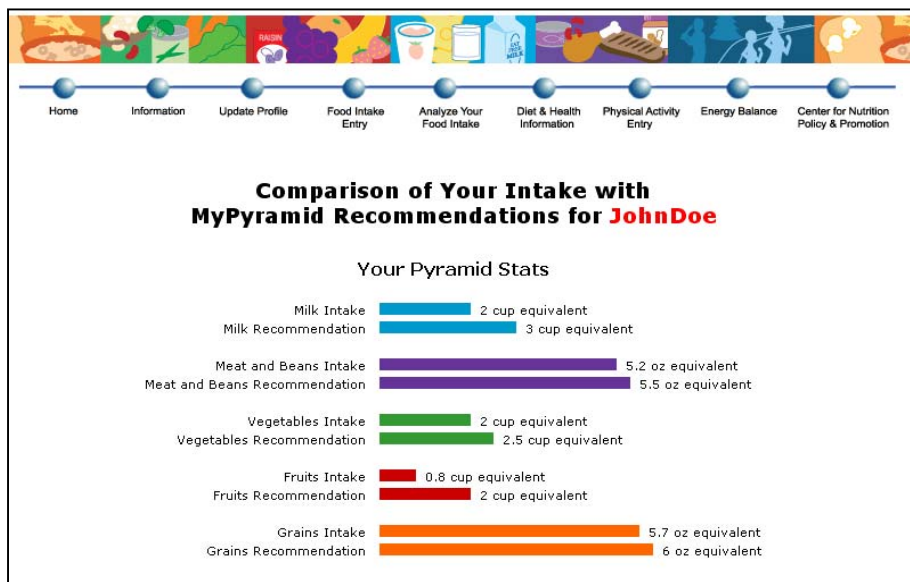
Click directly on the 😊 😐 😞 emoticon (face) for more detailed dietary information.

Dietary Guidelines Recommendations	Emoticon	Number of cup/oz. Equ. Eaten	Number of cup/oz. Equ. Recommended
Grain	😊	5.7 oz equivalent	6 oz equivalent
Vegetable	😊	2 cup equivalent	2.5 cup equivalent
Fruit	😞	0.8 cup equivalent	2 cup equivalent
Milk	😐	2 cup equivalent	3 cup equivalent
Meat and Beans	😊	5.2 oz equivalent	5.5 oz equivalent

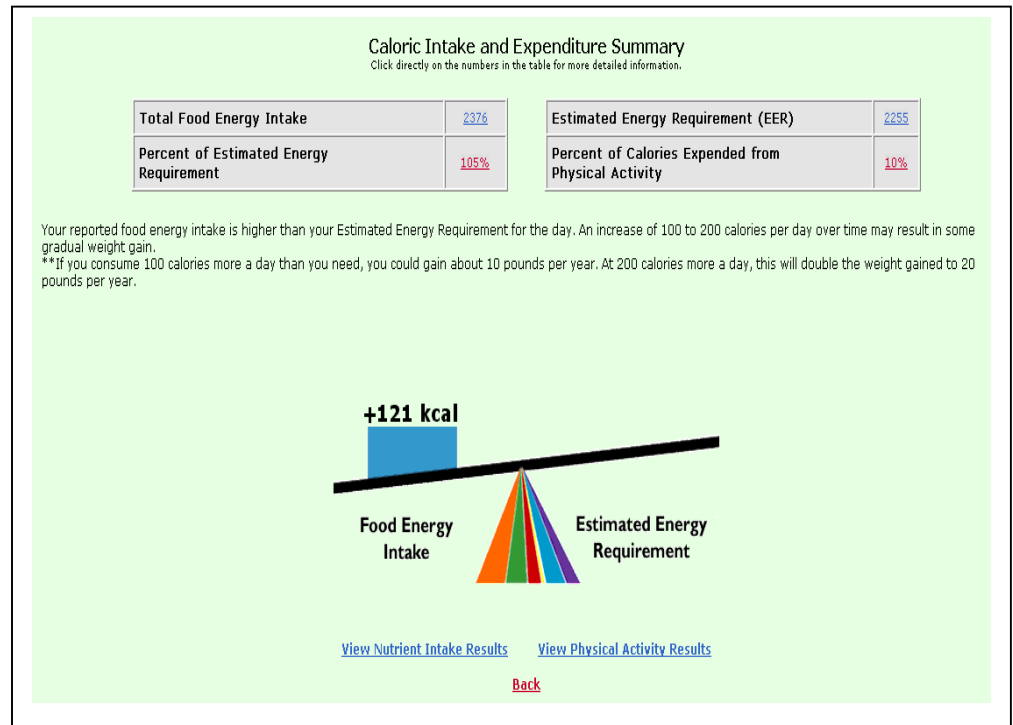
Dietary Guidelines Recommendations	Emoticon	Amount Eaten	Recommendation or Goal
Total Fat	😞	45.9% of total calories	20% to 35%
Saturated Fat	😞	14.6% of total calories	less than 10%
Cholesterol	😊	258 mg	less than 300 mg
Sodium	😞	7406 mg	less than 2300 mg
Oils	*	*	*
Discretionary calories (solid fats, added sugars, and alcohol)	*	*	*

➤ **See if they are eating the right amount of foods from each of the MyPyramid food groups.**

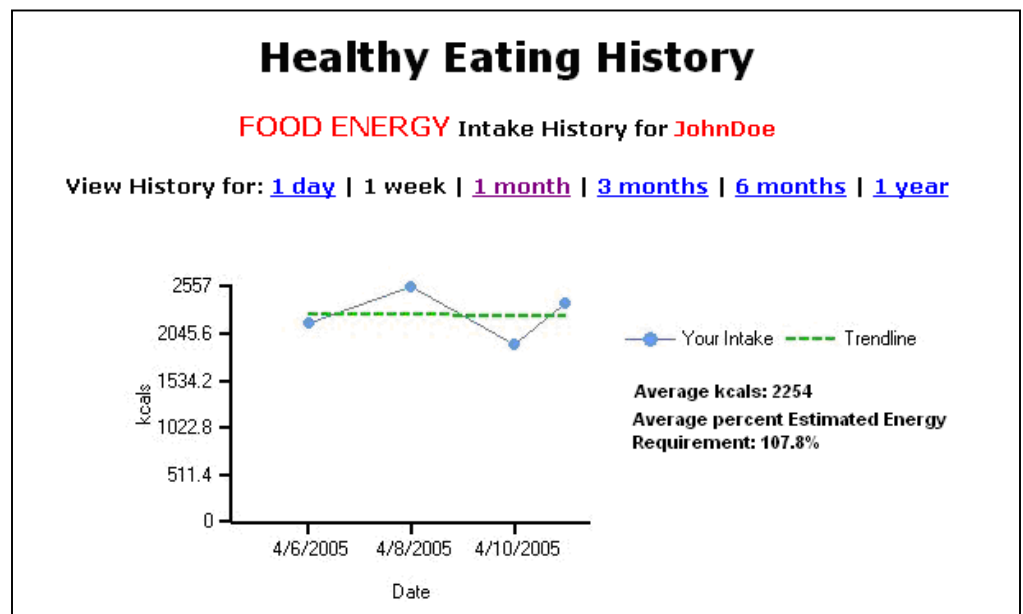


**Get Tracking Today — at MyPyramid.gov!**

- Analyze their daily physical activity to see how many calories they use and check their energy balance – comparing calories eaten with calories burned through physical activity.



- Track their progress over time – up to 1 year – by entering information for multiple days.



Go to [MyPyramid.gov](http://MyPyramid.gov) and click on **MyPyramid Tracker** on the home page to get started.

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