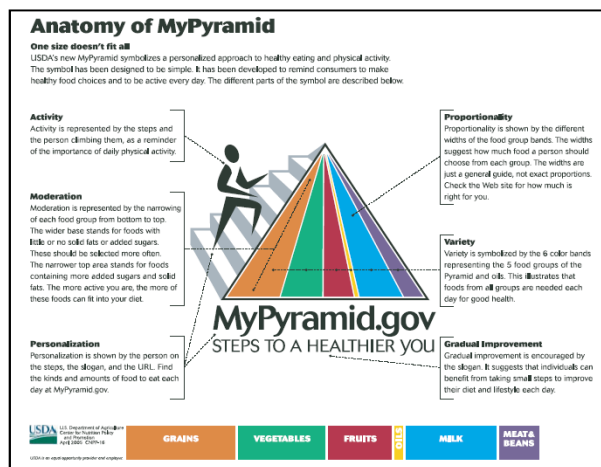


MyPyramid - - Getting Started

USDA has released the MyPyramid food guidance system (www.mypyramid.gov). Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. Below is information that can help you navigate through the new MyPyramid system to educate consumers.

MyPyramid symbol - Explain the messages in the MyPyramid symbol. These are physical activity, variety, proportionality, moderation, gradual improvement, and finally personalization. More information on these messages can be found on the “Anatomy of MyPyramid” handout.



www.mypyramid.gov/downloads/MyPyramid_Anatomy.pdf

MyPyramid’s Basic Messages – Give consumers MyPyramid’s basic messages about healthy eating and physical activity, which apply to everyone. These can be found on the miniposter and the website. They mirror the messages from the 2005 Dietary Guidelines for Americans consumer brochure. For example:

- Eat at least 3 ounces of whole-grain cereals, rice, or pasta every day;
- Go low-fat or fat-free when you choose milk, yogurt, and other milk products and
- Choose food and beverages low in added sugars.

GRAINS
 Make half your grains whole
 Eat at least 48 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day
 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

VEGETABLES
 Vary your veggies
 Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens
 Eat more orange vegetables like carrots and sweetpotatoes
 Eat more dry beans and peas like pinto beans, kidney beans, and lentils

FRUITS
 Focus on fruits
 Eat a variety of fruit
 Choose fresh, frozen, canned, or dried fruit
 Go easy on fruit juices

MILK
 Get your calcium-rich foods
 Go low-fat or fat-free when you choose milk, yogurt, and other milk products
 If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

MEAT & BEANS
 Go lean with protein
 Choose low-fat or lean meats and poultry
 Bake it, broil it, or grill it
 Vary your protein routine—choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.
 Eat 6 oz. every day Eat 2 1/2 cups every day Eat 2 cups every day Get 3 cups every day, or less if you're 18 or 19 Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or more.

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit added fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the nutrition facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with less, if any, nutrients.

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www.mypyramid.gov/downloads/MiniPoster.pdf

MyPyramid Plan—Help consumers find the kinds and amounts of foods they should eat each day at MyPyramid.gov. When they enter their age, gender, and activity level, they get their own plan at an appropriate calorie level. The food plan includes specific daily amounts from each food group and a limit for discretionary calories (fats, added sugars, alcohol). Their food plan is one of the 12 calorie levels of the food intake patterns from the Dietary Guidelines. They can print out a personalized miniposter of their plan, and a worksheet to help them track their progress and choose goals for tomorrow and the future.

MyPyramid Worksheet
 Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal	List each food choice in this food group	Estimate Your Total
	GRAINS	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup rice or pasta)		ounce equivalents
	VEGETABLES	Try to have vegetables from several subgroups each day	2 1/2 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies		cups
	FRUITS	Make most choices fruit, not juice	2 cups		cups
	MILK	Choose fat-free or low-fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)		cups
	MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 1/2 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T peanut butter, 1/2 ounce nuts, 1/4 cup dry beans or peas)		ounce equivalents
	PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work	At least 30 minutes of moderate to vigorous activity a day; 10 minutes or more at a time.		minutes

*Some foods don't fit into any group. These "extras" may be healthy fat or suggest limit your intake of these.

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

www.mypyramid.gov/professionals/food_tracking_wksht.html

Inside the Pyramid—*Point consumers to the in-depth information about each food group, discretionary calories, and physical activity on the website at “Inside the Pyramid.”* Here they can find tips and resources to help them implement their food plan. For example:

- what counts as an ounce of grain?
- what foods are in each group?
- tips for increasing whole grain consumption and limiting solid fats
- food photo gallery to help identify portion sizes
- and many more....



www.mypyramid.gov/pyramid/index.html

Additional information can be found at “Tips and Resources” and “For Professionals”, such as a 7-day menu plan at 2000 calories and tips for eating out. www.mypyramid.gov/tips_resources/index.html
www.mypyramid.gov/professionals/index.html

MyPyramid Tracker— *For consumers who want a detailed assessment and analysis of their current eating and physical activity habits, have them try MyPyramid Tracker* (www.mypyramidtracker.gov/). This dietary and physical activity assessment tool asks for entry of all foods eaten each day and all physical activities performed. From this, a wealth of output shows their current status in comparison to the 2005 Dietary Guidelines recommendations, nutrient intake, and energy balance. A history function allows consumers to track their progress over time, up to one year.

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)	*	*	*

www.mypyramidtracker.gov