



My Pyramid

Eat Right. Exercise. Have Fun.

The National Academy of Sciences recommends the following calorie categories:

- 1,600 calories - Many sedentary women and some older adults

2,200 calories - Children, teenage girls, active women and many sedentary men.

Women who are pregnant may need around 500 calories more per day and an additional 300 calories for breast-feeding.

2,800 calories - Teenage boys, active men and very active women

Be Physically Active Every Day

- The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.



Choose Healthier Foods From Each Group

- Why are the colored stripes wider at the bottom of the pyramid? Every group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Make Choices That Are Right For You

- MyPyramid.gov is a website that will give everyone in the family personal ideas on how to eat better and exercise more.



Eat More From Some Food Groups Than Others

- Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.



Every Color Every Day

- The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.



Take One Step at a Time

- You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



Grains

- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.



Vegetables

- Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.



Fruits

- Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



Oils

- Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Some common oils are:
 - canola oil
 - corn oil
 - cottonseed oil
 - olive oil
 - safflower oil
 - soybean oil
 - sunflower oil



Milk

- All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat.



Meats & Beans

- All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.

