

MyPyramid

An Overview

- ❖ Our bodies need adequate nutrients from the 6 nutrient groups in order to be healthy.
- ❖ The 6 nutrient groups are carbohydrates, proteins, fat, vitamins, minerals, and water.
- ❖ There are 5 main food groups on the food pyramid.
- ❖ Grains – Make half of your grains whole. Eat at least 3 ounces of whole grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread; about 1 cup of breakfast cereal; or ½ cup of cooked rice, cereal, or pasta. Eat 6 ounces every day.*
- ❖ Vegetables – Vary your vegetables. Eat more dark-green leafy veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots, sweet potatoes, and squash. Eat more dry beans and peas like pinto beans, kidney beans, and lentils. Eat 2 ½ cups every day.*
- ❖ Fruits – Focus on fruits. Eat a variety of fruit. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices. Eat 2 cups every day.*
- ❖ 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 or other calcium sources such as fortified foods and beverages. Get 3 cups every day.*
- ❖ Meat and 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. Eat 5 ½ ounces every day.*
- ❖ Know the Limits – on fats, sugars, and salt! Make most of your fat sources from vegetable oil, fish, and nuts. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts Label to keep saturated fats, *trans* fats, and sodium (salt) low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

*Based on a 2000-calorie diet

