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MyPyramid Plan

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Eat these amounts from each food group daily. This plan is a **1800** calorie food pattern. It is based on average needs for someone like you. (A **7** year old **male**, of average height, of average weight, physically active **more than 60 minutes**.) Your food needs also depend on your rate of growth and other factors. See a health care provider who can track your height and weight over time to identify your specific needs.

▶ Grains ¹	6 ounces	tips
▶ Vegetables ²	2.5 cups	tips
▶ Fruits	1.5 cups	tips
▶ Milk	2 cups	tips
▶ Meat & Beans	5 ounces	tips

Click the food groups above to learn more.

¹ Make Half Your Grains Whole

Aim for at least 3 ounces of [whole grains](#) a day

² Vary Your Veggies

Aim for this much every week:

- Dark Green Vegetables = 3 cups weekly
- Orange Vegetables = 2 cups weekly
- Dry Beans & Peas = 3 cups weekly
- Starchy Vegetables = 3 cups weekly
- Other Vegetables = 6 1/2 cups weekly

Oils & Discretionary Calories

Aim for 5 teaspoons of oils a day

Limit your extras (extra fats & sugars) to 195 Calories

Physical Activity

Physical activity is also important for health. You should get at least 60 minutes of physical activity most or all days. [Click here](#) to learn more about physical activity and health.



View, Print & Learn More:

- ▶ [Click here to view and print a PDF version of your results.](#)
- ▶ [Click here to view and print a PDF of a helpful Meal Tracking Worksheet.](#)
- ▶ [For a more detailed assessment of your diet quality and physical activity go to the MyPyramid Tracker.](#)

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the above PDF files.



MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS
6 ounces

Make half your grains whole

Aim for at least **2 1/2 ounces** of whole grains a day

VEGETABLES
2 1/2 cups

Vary your veggies
Aim for these amounts each week:

Dark green veggies
= 3 cups

Orange veggies
= 2 cups

Dry beans & peas
= 3 cups

Starchy veggies
= 3 cups

Other veggies
= 6 1/2 cups

FRUITS
1 1/2 cups

Focus on fruits

Eat a variety of fruit
Go easy on fruit juices

MILK
2 cups

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, or cheese

MEAT & BEANS
5 ounces

Go lean with protein

Choose low-fat or lean meats and poultry
Vary your protein routine—choose more fish, beans, peas, nuts and seeds

Find your balance between food and physical activity

Be physically active for at least **60 minutes** every day, or most days.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons a day**.
Limit extras—solid fats and sugars—to **195 calories a day**.







Your results are based on a 1800 calorie pattern

Name: _____



My Pyramid 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 its 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	1 1/2 cups	_____	_____ cups
_____	 MILK	Choose fat-free or low fat most often	2 cups (1 1/2 ounces cheese = 1 cup milk)	_____	_____ cups
_____	 MEATS & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)	_____	_____ ounce equivalents
_____	 PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work. Vary your routine for even greater fitness benefits.	At least 60 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 mainly fat or sugar—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: _____