

My Pyramid

at www.mypyramid.gov



Food Sense

My Pyramid Briefing

- My Pyramid offers a personalized approach to a healthy lifestyle by basing dietary recommendations on your age, gender, and physical activity level.
- ALL food groups work *together* to provide everything your body needs.
- A healthy lifestyle is all about balancing good nutrition and physical activity. Physical activity is a critical part of a healthy lifestyle.



MAKE HALF YOUR GRAINS WHOLE.

Includes foods made from wheat, rice, oats, cornmeal, and barley. Examples are bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. One serving (1 ounce equivalent) is equal to one slice of bread, 1 cup of ready-to-eat cereal or 1/2 cup of cooked cereal, rice, or pasta.



VARY YOUR VEGGIES.

Includes fresh, frozen and canned vegetables and vegetable juices. Dry beans, peas and lentils are part of this group as well as the Meat and Beans Group. One cup of raw or cooked vegetables, 1 cup of vegetable juice, 2 cups of raw leafy greens or 1/4 cup of cooked dry beans, peas or lentils is considered a 1 cup equivalent from the vegetable group.



FOCUS ON FRUITS.

Includes fresh, frozen, canned and dried fruit and fruit juices. One cup of fruit or 100% fruit juice or 1/2 cup of dried fruit, or a round fruit the size of a tennis ball is considered a 1 cup equivalent. Limit the amount of fruit juice you drink to less than half your total fruit intake.



GET YOUR CALCIUM-RICH FOODS.

Includes fluid milk and products made from milk, such as yogurt and cheese. One cup of milk or yogurt; 1 1/2 ounces of natural cheese like cheddar, mozzarella, Swiss and parmesan; 2 ounces of processed cheese like American and 2 cups of cottage cheese count as a 1 cup equivalent. Milk-based desserts also contribute calcium but are high in calories so should be limited. Choose low-fat products.



GO LEAN WITH PROTEIN.

Includes meat, poultry, fish, eggs and nuts. Dry beans, peas and lentils are part of this group as well as the Vegetable Group. One ounce of lean meat, poultry or fish; 1 egg; 1 Tablespoon of peanut butter; 1/4 cup of cooked dry beans, peas or lentils or 1/2 ounce of nuts is considered a 1-ounce equivalent from the Meat and Beans Group.



OILS.

Choose vegetable oils like canola, olive, peanut, corn, safflower, and sunflower. Limit foods and food products high in saturated and trans fats.



PHYSICAL ACTIVITY.

Make physical activity part of your daily routine. Thirty minutes to reduce risk of heart disease, diabetes and some cancers; Sixty minutes to prevent weight gain in adulthood; sixty to ninety minutes teamed with a low-calorie diet to lose weight and keep it off.



What are your calorie needs?

To determine your calorie needs, find your age and gender in the left column of the chart below and select the appropriate physical activity level.

Sedentary means a lifestyle that includes only light physical activity associated with typical day-to-day life.

Active means a lifestyle that includes both physical activity equivalent to walking more than 3 miles per day (at 3 to 4 miles per hour) and light physical activity associated with typical day-to-day life.

CALORIE CHART

Age/Sex	Calorie Range	
	Sedentary	Active
Children		
2-3 years	1000	1400
Females		
4-8 years	1200	1800
9-13 years	1600	2200
14-18 years	1800	2400
19-30 years	2000	2400
31-50 years	1800	2200
51+ years	1600	2200
Males		
4-8 years	1400	2000
9-13 years	1800	2600
14-18 years	2200	3200
19-30 years	2400	3000
31-50 years	2200	3000
51+ years	2000	2800

green bean skillet

1 lb. (16 oz.) green beans (fresh, frozen, or canned)
 1 teaspoon canola oil
 1 onion, chopped
 1/2 teaspoon garlic powder (or 1 minced clove)
 Salt and pepper to taste
 Cook green beans until tender or warm. Put canola oil in a large skillet. Add onion; sauté over medium heat until onion is tender. Add green beans, garlic powder, salt and pepper; mix gently. Yield: 4-6 servings.

mexican spicy bean pizza

- 1 premade pizza crust
- 1 small can tomato paste
- 1/2 to 3/4 can refried beans
- 1 small can corn, drained
- 3/4 cup sliced bell pepper
- 1/4 cup thinly sliced onion
- 1/2 cup grated cheese
- 1/2 teaspoon red pepper flakes
- 1/4 cup chopped, fresh cilantro

Preheat oven to 425°F. Put pizza crust on baking sheet or pizza pan. Spread tomato paste and then refried beans over crust. Arrange corn, bell pepper and onion over beans. Sprinkle cheese and pepper flakes on top. Bake 15 minutes or until hot and bubbly. Garnish with cilantro. Yield: 4 servings.

skillet lasagna

- 1/2 lb. lean ground beef
- 3/4 cup onion, chopped
- 1 can (8 oz.) tomato sauce
- 2 cans (14 1/2 oz.) crushed tomatoes
- 2 cups water
- 1 teaspoon garlic powder
- 2 teaspoons Italian seasoning
- 1 pkg (8 oz.) wide noodles
- 2 cups low fat cottage cheese
- 1 cup mozzarella cheese, grated

Brown ground beef and onion in a large skillet; drain fat. Add tomato sauce, tomatoes, water, garlic powder and Italian seasoning; bring to a boil. Add uncooked noodles; cover and simmer for 8 minutes. Stir mixture; spread cottage cheese on top. Sprinkle with cheese. Cover and simmer for 10 minutes or until noodles are tender. Yield: 6 servings.

oriental chicken salad

- 2 chicken breasts
- 1/2 head of cabbage
- 1/2 cup slivered almonds (optional)
- 4 green onions, chopped
- 1 pkg. chicken ramen noodles

Dressing:

- 2 Tablespoons sugar
- 3 Tablespoons vinegar
- 1/2 cup oil
- 1/4 teaspoon pepper
- 1 seasoning packet (from ramen)

Cook and cube chicken. Chop cabbage and place in salad bowl. Toast almonds until lightly browned. Add almonds, onion and chicken to cabbage and toss. Break uncooked noodles in package and add to salad. Make dressing. Pour over salad and toss lightly. Yield: 8 servings.