



Grains = ___ ounces

Make half your grains whole

Aim for at least ___ ounces of whole grains a day

Vegetables = ___ cup(s)

Vary your veggies

Aim for these amounts each week:

Dark green veggies= ___ cup

Orange veggies= ___ cup

Dry Beans & Peas= ___ cup

Starchy veggies= ___ cup

Fruits = ___ cup(s)

Focus on fruits

Eat a variety of fruit

Go easy on fruit juices

Milk = ___ cup(s)

Get your calcium-rich foods

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

Meat & Beans = ___ 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 ___ **minutes** most days of the week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is ___ **teaspoons a day.**

Limit extra-solids fats and sugars to ___ **calories a day.**

Your results are based on a ___ calorie pattern. **Name:** _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

Adapted from the USDA Center for Nutrition Policy and Promotion. (2005) MyPyramid Results Downloads. http://www.mypyramid.gov/professionals/results_download.html Accessed May 20, 2005) and University of Florida IFAS Extension, Department of Family, Youth and Community Sciences, 2005, <http://fyics.ifas.ufl.edu/pyramid/index.htm>.