



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 3 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 2 cups Focus on fruits Eat a variety of fruit Go easy on fruit juices	MILK 3 cups Get your calcium-rich foods Go low-fat or fat-free when you choose milk, yogurt, or cheese	MEAT & BEANS 5 1/2 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 6 teaspoons a day . Limit extras—solid fats and sugars—to 265 calories a day .		

Your results are based on a 2000 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.

MYPYRAMID EVERYDAY Handout

As you look at the recommendations for a 2,000 calorie plan from MyPyramid (or your own specific recommendations as found at www.mypyramid.gov), think of your own diet. How much from each group do you eat each day? Do you eat whole grains, green and orange vegetables, a variety of fruits, lean meats, dry beans? You'll remember that foods from the wider base of each band are more desirable. Foods at the point or apex of each band are to be eaten sparingly because when they replace nutritious foods, our health can suffer; when they are added to everything else, our weight can suffer.

You'll notice that the chart does not say that potatoes are evil or chicken breasts are miracle diet food. We often get the mistaken impression that we shouldn't have any carbohydrates if we're trying to lose weight. There are two things wrong with the idea. First, carbohydrates provide essential nutrients that we should include in our diet. Second, if we eat only protein or go on a high protein diet (and exclude carbohydrates), we are almost certainly going to gain all of our weight back when we go off of our diet because we will then go back to heavy amounts of carbohydrates.

Remember, every teenager should include adequate portions of food from each of the food groups as indicated on the MyPyramid. Everyone needs nutritional benefits and needs to learn how to control eating habits related to **all** kinds of foods.

USING MYPYRAMID IN PLANNING FAMILY MEALS

The **Grains Group** foods are served at breakfast as toast, muffins, pancakes or grits; cereals, cooked or ready-to-eat; at lunch and dinner as macaroni, spaghetti, noodles, or rice in a casserole or as a side dish; as any kind of bread and cereals are well-liked, usually inexpensive, and can be served a number of ways. They are used more than four times a day in most households.

Vegetables and Fruits are part of most meals. Serve some raw and some cooked, some with crisp textures and some with soft; and contrast strong flavor with milk, and sweet with sour for variety in meals. Brighten meals with color—a slice of red tomato, a sprig of dark greens, or other colorful vegetable or fruit. Both vegetables and fruit are used in salads and as side dishes; some vegetables in casseroles, stews, and soups; and some fruits raw, as juices, and in desserts, such as cobblers, pies, or shortcakes. Many families include their vitamin-C food as a citrus fruit or juice, as melon or strawberries (when in season) at breakfast. Work towards variety throughout the week, with most servings from actual foods, rather than from juices.

Meats and Beans usually appear as the main dish, the "meat", at a meal or as an ingredient in a main dish—a soup, stew, salad, casserole, or sandwich. Small amounts of two or more foods from the group used during the day can add up to a serving. Egg count in this group, too. Remember to select lean meats and prepare using low-fat methods like grilling, broiling, and baking.

Milk may be served as a beverage at meals or snacks. Some may be included on cereals and in preparation of other foods—soups, main dishes, custards, puddings, baked goods. Cubed or sliced cheese (plain, on crackers, or in sandwiches) and in ice cream or ice milk (at meals or in between) may replace part of the milk. Just keep most choices from this group low-fat or fat-free.

Fats need to be limited and from the most healthy sources. Avoid trans fats in many snack foods and excess animal fat sources. The U.S. Government now requires food labels list amount of trans fats in products, so read labels to know what you're getting. We need some fat, but most of us actually consume more than necessary. Additionally, since amounts of trans fat are listed per serving, if the amount of trans fat is just a trace, it may be listed as 0 trans fat. Make sure you read the ingredients.