

# A Guide to Healthful Eating



Know your needs! Let MyPyramid be your guide.

The following guidelines are based on a 2,800 calorie meal plan:

## Grains

Eat **10 ounce equivalents\*** of grains each day.

Make at least half your servings whole grain!

\*(oz-eq)

## Fruits

Eat at least **2 ½ cups** of fruit each day.

Vary variety and color!

## Vegetables

Eat at least **3 ½ cups** of veggies each day.

Vary variety and color!

## Meat & Beans

Eat **7 ounce equivalents\*** of lean sources each day.

Don't forget to include nuts and seeds!

\*(oz-eq)

## Physical Activity

Be physically active for at least **30 minutes** most days of the week.

Include strength building and cardiovascular exercises.

## Milk

Eat or drink **3 cups** of fat-free or low-fat milk products (or milk equivalent products) each day.

## Oils

Keep your fat and oil intake to **less than 8 teaspoons\*** per day.

\*(tsp)

## Treats

Keep your **Discretionary Calories** under **426** each day.



How Much Is That?	Tips To Do It Healthfully:
<p><b>Grains</b>                      Daily Goal: 10 oz-eq</p> <p>About 1 oz-eq:</p> <ul style="list-style-type: none"> <li>○ 1 regular slice of bread</li> <li>○ 1 package instant oatmeal</li> <li>○ ½ cup cooked rice</li> </ul>	<p><b>Make at least half your grains whole grain!</b></p> <ul style="list-style-type: none"> <li>✓ Aim for 25-35 grams of fiber each day</li> <li>✓ Look for the word “whole” in front of ingredients (i.e., whole wheat flour)</li> <li>✓ Choose low sugar, high fiber cereals</li> </ul>
<p><b>Fruits</b>                      Daily Goal: 2 ½ cups</p> <p>About ½ cup:</p> <ul style="list-style-type: none"> <li>○ 1 tennis ball sized fruit</li> <li>○ ¼ cup dried fruit</li> <li>○ ½ cup 100% juice</li> </ul>	<p><b>Focus on whole fruit rather than juice!</b></p> <ul style="list-style-type: none"> <li>✓ Vary colors</li> <li>✓ Choose fresh, frozen, canned or dried</li> <li>✓ Use as a topping or ingredient mixed in</li> <li>✓ Add to lunch and dinner plates</li> </ul>
<p><b>Vegetables</b>                Daily Goal: 3 ½ cups</p> <p>About ½ cup:</p> <ul style="list-style-type: none"> <li>○ 1 cup leafy vegetables</li> <li>○ About 6 baby carrots</li> <li>○ ½ cup raw or cooked veggies</li> <li>○ ½ cup mashed potatoes</li> </ul>	<p><b>Make more your motto &amp; keep it colorful!</b></p> <ul style="list-style-type: none"> <li>✓ Choose fresh, frozen or canned</li> <li>✓ Dip in yogurt, peanut butter and low-fat dressing</li> <li>✓ 2 ounces of legumes equals a ½ cup serving of veggies (or 1 oz-eq of Meat &amp; Beans)</li> </ul>
<p><b>Meat &amp; Beans</b>            Daily Goal: 7 oz-eq</p> <p>About 1 oz-eq:</p> <ul style="list-style-type: none"> <li>○ 1 ounce meat, poultry or fish</li> <li>○ ¼ cup cooked, dried beans</li> <li>○ 1 egg</li> <li>○ 1 tablespoon (Tbsp) peanut butter</li> <li>○ ½ ounce nuts or seeds</li> </ul>	<p><b>Go lean with protein!</b></p> <ul style="list-style-type: none"> <li>✓ Bake, broil or grill</li> <li>✓ Choose low-fat, lean meats and poultry</li> <li>✓ Eat 4-6 ounces of fish twice per week</li> <li>✓ Within recommended serving sizes, make nuts and seeds part of your daily diet</li> <li>✓ Don't forget soy as a source of protein</li> </ul>
<p><b>Milk</b>                      Daily Goal: 3 cups</p> <p>About 1 cup:</p> <ul style="list-style-type: none"> <li>○ 8 ounces yogurt</li> <li>○ 2 ounces processed cheese</li> <li>○ 1 ½ cups ice cream</li> </ul>	<p><b>Go low-fat and fat-free!</b></p> <ul style="list-style-type: none"> <li>✓ Fat-free milk provides the same calcium and vitamins as whole milk</li> <li>✓ Make your coffee or latte with skim milk</li> <li>✓ Cook hot cereal with low-fat or fat-free milk</li> </ul>
<p><b>Oils</b>                      Daily Goal: Under 8 tsp</p> <p>Know the facts:</p> <ul style="list-style-type: none"> <li>○ 1 Tbsp vegetable oil = 3 tsp oil</li> <li>○ 1 Tbsp mayonnaise = 2 ½ tsp oil</li> <li>○ 1 ounce mixed nuts = 3 tsp oil</li> </ul>	<p><b>Choose unsaturated fats most often!</b></p> <ul style="list-style-type: none"> <li>✓ Use non-hydrogenated buttery spreads and olive or canola oils versus butter, shortening and lard</li> <li>✓ Enjoy nuts as a snack</li> </ul>
<p><b>Physical Activity</b>        Daily Goal: 30 minutes</p> <ul style="list-style-type: none"> <li>○ Make it moderate and vigorous</li> <li>○ Include both cardio and strength training</li> </ul>	<p><b>All at once or in intervals!</b></p> <ul style="list-style-type: none"> <li>✓ Make it intense enough to increase your heart rate</li> <li>✓ Get creative—do jumping jacks during TV commercials</li> </ul>
<p><b>Discretionary Calories</b>    Daily Goal: Under 426</p>	<p><b>Know what counts!</b></p> <ul style="list-style-type: none"> <li>✓ Soda, alcohol, fried food, pastries and fat from dairy and meat are all included in your daily <i>Discretionary Calorie</i> goal</li> </ul>