

A Guide to Healthful Eating



Know your needs! Let MyPyramid be your guide.

The following guidelines are based on a 2,600 calorie meal plan:

Grains

Eat **9 ounce equivalents*** of grains each day.

Make at least half your servings whole grain!

*(oz-eq)

Fruits

Eat at least **2 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 **6 ½ 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.

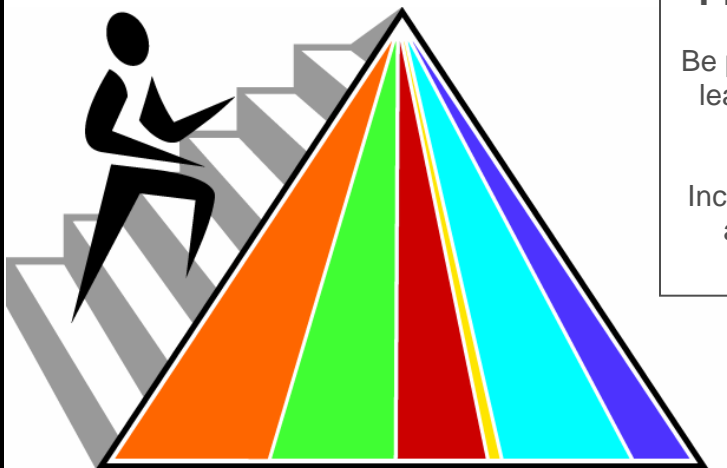
Oils

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

*(tsp)

Treats

Keep your **Discretionary Calories** under **410** each day.



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STEPS TO A HEALTHIER YOU

How Much Is That?	Tips To Do It Healthfully:
<p>Grains Daily Goal: 9 oz-eq</p> <p>About 1 oz-eq:</p> <ul style="list-style-type: none"> ○ 1 regular slice of bread ○ 1 package instant oatmeal ○ ½ cup cooked rice 	<p>Make at least half your grains whole grain!</p> <ul style="list-style-type: none"> ✓ Aim for 25-35 grams of fiber each day ✓ Look for the word “whole” in front of ingredients (i.e., whole wheat flour) ✓ Choose low sugar, high fiber cereals
<p>Fruits Daily Goal: 2 cups</p> <p>About ½ cup:</p> <ul style="list-style-type: none"> ○ 1 tennis ball sized fruit ○ ¼ cup dried fruit ○ ½ cup 100% juice 	<p>Focus on whole fruit rather than juice!</p> <ul style="list-style-type: none"> ✓ Vary colors ✓ Choose fresh, frozen, canned or dried ✓ Use as a topping or ingredient mixed in ✓ Add to lunch and dinner plates
<p>Vegetables Daily Goal: 3 ½ cups</p> <p>About ½ cup:</p> <ul style="list-style-type: none"> ○ 1 cup leafy vegetables ○ About 6 baby carrots ○ ½ cup raw or cooked veggies ○ ½ cup mashed potatoes 	<p>Make more your motto & keep it colorful!</p> <ul style="list-style-type: none"> ✓ Choose fresh, frozen or canned ✓ Dip in yogurt, peanut butter and low-fat dressing ✓ 2 ounces of legumes equals a ½ cup serving of veggies (or 1 oz-eq of Meat & Beans)
<p>Meat & Beans Daily Goal: 6 ½ oz-eq</p> <p>About 1 oz-eq:</p> <ul style="list-style-type: none"> ○ 1 ounce meat, poultry or fish ○ ¼ cup cooked, dried beans ○ 1 egg ○ 1 tablespoon (Tbsp) peanut butter ○ ½ ounce nuts or seeds 	<p>Go lean with protein!</p> <ul style="list-style-type: none"> ✓ Bake, broil or grill ✓ Choose low-fat, lean meats and poultry ✓ Eat 4-6 ounces of fish twice per week ✓ Within recommended serving sizes, make nuts and seeds part of your daily diet ✓ Don't forget soy as a source of protein
<p>Milk Daily Goal: 3 cups</p> <p>About 1 cup:</p> <ul style="list-style-type: none"> ○ 8 ounces yogurt ○ 2 ounces processed cheese ○ 1 ½ cups ice cream 	<p>Go low-fat and fat-free!</p> <ul style="list-style-type: none"> ✓ Fat-free milk provides the same calcium and vitamins as whole milk ✓ Make your coffee or latte with skim milk ✓ Cook hot cereal with low-fat or fat-free milk
<p>Oils Daily Goal: Under 8 tsp</p> <p>Know the facts:</p> <ul style="list-style-type: none"> ○ 1 Tbsp vegetable oil = 3 tsp oil ○ 1 Tbsp mayonnaise = 2 ½ tsp oil ○ 1 ounce mixed nuts = 3 tsp oil 	<p>Choose unsaturated fats most often!</p> <ul style="list-style-type: none"> ✓ Use non-hydrogenated buttery spreads and olive or canola oils versus butter, shortening and lard ✓ Enjoy nuts as a snack
<p>Physical Activity Daily Goal: 30 minutes</p> <ul style="list-style-type: none"> ○ Make it moderate and vigorous ○ Include both cardio and strength training 	<p>All at once or in intervals!</p> <ul style="list-style-type: none"> ✓ Make it intense enough to increase your heart rate ✓ Get creative—do jumping jacks during TV commercials
<p>Discretionary Calories Daily Goal: Under 410</p>	<p>Know what counts!</p> <ul style="list-style-type: none"> ✓ Soda, alcohol, fried food, pastries and fat from dairy and meat are all included in your daily <i>Discretionary Calorie</i> goal