GRAINS - Make half your grains whole

Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day. Examples of whole grains, include whole wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, pasta, or cooked cereal can be considered as 1 oz. equivalent from the grains group.

VEGETABLES - Vary your veggies

Any vegetable or 100% vegetable juice counts as part of the vegetable group. Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

FRUITS - Focus on fruits

Any fruit or 100% fruit juice counts as part of the fruit group. Eat a variety of fruit. Choose fresh, frozen, canned (in 100% fruit juice or water), or dried fruit. Make most of your choices whole or cut-up fruit, for the benefits dietary fiber provides. Go easy on fruit juices.

OILS - Know your fats

Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, and trans fats low.

MILK - Get your calcuim-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products. Include milk as a beverage at meals. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages. Alternate calcium choices include calcium fortified juices, cereals, breads, soy or rice beverages, canned fish (sardines, salmon with bones) and some leafy greens (collard and turnip greens, kale, bok choy).

MEAT & BEANS - Go lean with protein

Choose low-fat or lean meats and poultry. Bake it, broil it, or grill it. Vary your protein routine – choose more fish, beans, peas, nuts, and seeds. In general, 1 ounce of lean meat, poultry or fish, 1 egg, 1 Tbsp of peanut butter, ¼ cup of cooked dry beans, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

Dietary Guidelines for Americans

- Consume a variety of foods within and among the basic food groups while staying within energy needs.
- Control calorie intake to manage body weight.
- Be physically active every day.
- Increase daily intake of fruits and vegetables, whole grains, and non-fat or low-fat milk and milk products.
- Choose fats wisely for good health.
- Choose carbohydrates wisely for good health.
- Choose and prepare foods with little salt.
- If you drink alcoholic beverages, do so in moderation.
- Keep food safe to eat.

USAPHC

U.S. ARMY PUBLIC HEALTH COMMAND (Provisional)

http://phc.amedd.army.mil

TA-034-1106

Let MyPyramid Be Your Guide

MyPyramid.gov

STEPS TO A HEALTHIER YOU

Let MyPyramid Be Your Guide

USDA's MyPyramid symbolizes a personalized approach to healthy eating and physical activity. It reminds individuals two years of age and older to make healthy food choices and to be active every day. The different parts of the MyPyramid symbol are described below.

Steps To A Healthier You

MyPyramid.gov

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

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

You may need 60 minutes of physical activity to prevent weight gain.

60-90 minutes of physical activity may be needed for weight loss.

Children and teenagers should be physically active for at least 60 minutes everyday, or most days.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Gradual Improvement

Gradual Improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.