

NUTRIFAX[©]

2008

The Food Guide Pyramid

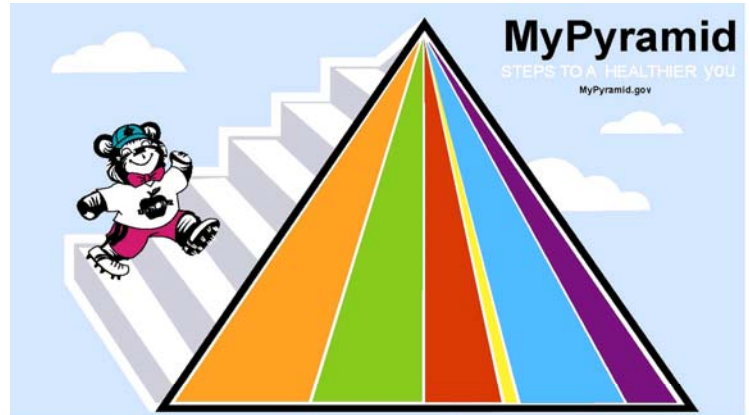
The Food Guide Pyramid was established by the United States Department of Agriculture (USDA) and the Department of Health and Human Services in 1992. In 2005 it was replaced with MyPyramid. This new food guide gives a personalized eating plan based on age, sex, and daily exercise.

BASIC PRINCIPLES:

- Eat more fruits, vegetables and whole grains.
- Reduce intake of saturated fat, trans fat and cholesterol.
- Limit sweets and salt.
- Control portion sizes and the total number of calories you consume.
- Include physical activity in your daily routine.
- Drink alcoholic beverages in moderation, if at all.

WHAT IS IT?

The Pyramid consists of six pyramids. The wider the triangle, the more you should eat from that group. Each group provides some, but not all nutrients. For good health, eat servings from all groups and exercise 60 minutes each day. The number of servings depends on your age, sex, and how active you are.



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day for kids aged 2 to 8, it's 2	Eat 5½ oz. every day

U.S. Department of Agriculture Center for Nutrition Policy and Promotion April 2005 CNPP 15 USDA is an equal opportunity provider and employer

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens	Eat a variety of fruit	Go low-fat or fat-free when you choose milk, yogurt, and other milk products	Choose low-fat or lean meats and poultry
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta	Eat more orange vegetables like carrots and sweetpotatoes	Choose fresh, frozen, canned, or dried fruit	If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Bake it, broil it, or grill it
	Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Go easy on fruit juices		Vary your protein routine – choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5½ oz. every day
---------------------	-----------------------	----------------------	--	----------------------

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugars, and salt (sodium)

- 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, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Food and Nutrition Services can assist in providing nutrition information. Call 703-813-4800 and ask for a Registered Dietitian.