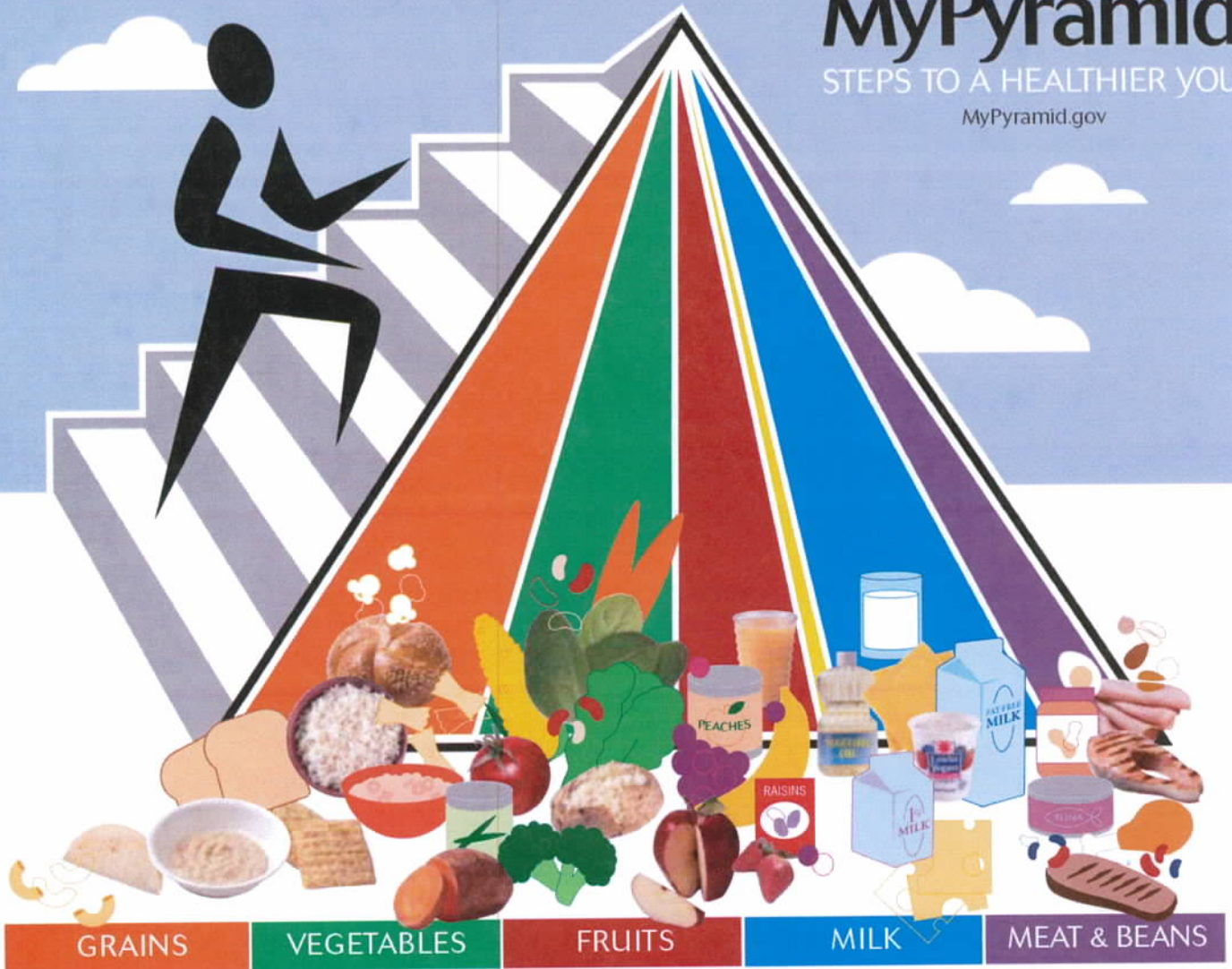


MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



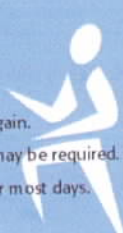
GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

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 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day
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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, stick 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.



U.S. Department of Agriculture
 Center for Nutrition Policy and Promotion
 April 2005
 CNPP-15



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Sample Menus for a 2000 Calorie Food Pattern

Averaged over a week, this seven day menu provides all of the recommended amounts of nutrients and food from each food group. (Italicized foods are part of the dish or food that precedes it.)

Day 1	Day 2	Day 3	Day 4
<p>BREAKFAST</p> <p>Breakfast burrito <i>1 flour tortilla (7" diameter)</i> <i>1 scrambled egg (in 1 tsp soft margarine)</i> <i>1/3 cup black beans*</i> <i>2 tsp salsa</i> 1 cup orange juice 1 cup fat-free milk</p> <p>LUNCH</p> <p>Roast beef sandwich <i>1 whole grain sandwich bun</i> <i>3 ounces lean roast beef</i> <i>2 slices tomato</i> <i>1/4 cup shredded romaine lettuce</i> <i>1/8 cup sauteed mushrooms (in 1 tsp oil)</i> <i>1 1/2 ounce part-skim mozzarella cheese</i> <i>1 tsp yellow mustard</i> 3/4 cup baked potato wedges* <i>1 tsp ketchup</i> 1 unsweetened beverage</p> <p>DINNER</p> <p>Stuffed broiled salmon <i>5 ounce salmon filet</i> <i>1 ounce bread stuffing mix</i> <i>1 tbsp chopped onions</i> <i>1 tbsp diced celery</i> <i>2 tsp canola oil</i> 1/2 cup saffron (white) rice <i>1 ounce slivered almonds</i> 1/2 cup steamed broccoli <i>1 tsp soft margarine</i> 1 cup fat-free milk</p> <p>SNACKS</p> <p>1 cup cantaloupe</p>	<p>BREAKFAST</p> <p>Hot cereal <i>1/2 cup cooked oatmeal</i> <i>2 tbsp raisins</i> <i>1 tsp soft margarine</i> 1/2 cup fat-free milk 1 cup orange juice</p> <p>LUNCH</p> <p>Taco salad <i>2 ounces tortilla chips</i> <i>2 ounces ground turkey, sauteed in 2 tsp sunflower oil</i> <i>1/2 cup black beans*</i> <i>1/2 cup iceberg lettuce</i> <i>2 slices tomato</i> <i>1 ounce low-fat cheddar cheese</i> <i>2 tsp salsa</i> <i>1/2 cup avocado</i> <i>1 tsp lime juice</i> 1 unsweetened beverage</p> <p>DINNER</p> <p>Spinach lasagna <i>1 cup lasagna noodles, cooked (2 oz dry)</i> <i>2/3 cup cooked spinach</i> <i>1/2 cup ricotta cheese</i> <i>1/2 cup tomato sauce tomato bits*</i> <i>1 ounce part-skim mozzarella cheese</i> 1 ounce whole wheat dinner roll 1 cup fat-free milk</p> <p>SNACKS</p> <p>1/2 ounce dry-roasted almonds* 1/4 cup pineapple 2 tsp raisins</p>	<p>BREAKFAST</p> <p>Cold cereal <i>1 cup bran flakes</i> <i>1 cup fat-free milk</i> <i>1 small banana</i> 1 slice whole wheat toast <i>1 tsp soft margarine</i> 1 cup prune juice</p> <p>LUNCH</p> <p>Tuna fish sandwich <i>2 slices rye bread</i> <i>3 ounces tuna (packed in water, drained)</i> <i>2 tsp mayonnaise</i> <i>1 tbsp diced celery</i> <i>1/4 cup shredded romaine lettuce</i> <i>2 slices tomato</i> 1 medium pear 1 cup fat-free milk</p> <p>DINNER</p> <p>Roasted chicken breast <i>3 ounces boneless skinless chicken breast*</i> 1 large baked sweetpotato 1/2 cup peas and onions <i>1 tsp soft margarine</i> 1 ounce whole wheat dinner roll <i>1 tsp soft margarine</i> 1 cup leafy greens salad <i>3 tsp sunflower oil and vinegar dressing</i></p> <p>SNACKS</p> <p>1/4 cup dried apricots 1 cup low-fat fruited yogurt</p>	<p>BREAKFAST</p> <p>1 whole wheat English muffin <i>2 tsp soft margarine</i> <i>1 tsp jam or preserves</i> 1 medium grapefruit 1 hard-cooked egg 1 unsweetened beverage</p> <p>LUNCH</p> <p>White bean-vegetable soup <i>1 1/4 cup chunky vegetable soup</i> <i>1/2 cup white beans*</i> 2 ounce breadstick 8 baby carrots 1 cup fat-free milk</p> <p>DINNER</p> <p>Rigatoni with meat sauce <i>1 cup rigatoni pasta (2 ounces dry)</i> <i>1/2 cup tomato sauce tomato bits*</i> <i>2 ounces extra lean cooked ground beef (sauteed in 2 tsp vegetable oil)</i> <i>3 tsp grated Parmesan cheese</i> Spinach salad <i>1 cup baby spinach leaves</i> <i>1/2 cup tangerine slices</i> <i>1/2 ounce chopped walnuts</i> <i>3 tsp sunflower oil and vinegar dressing</i> 1 cup fat-free milk</p> <p>SNACKS</p> <p>1 cup low-fat fruited yogurt</p>



Sample Menus for a 2000 Calorie Food Pattern

Averaged over a week, this seven day menu provides all of the recommended amounts of nutrients and food from each food group. (Italicized foods are part of the dish or food that precedes it)

Day 5	Day 6	Day 7
<p>BREAKFAST</p> <p>Cold cereal <i>1 cup puffed wheat cereal</i> <i>1 tbsp raisins</i> <i>1 cup fat-free milk</i></p> <p>1 small banana 1 slice whole wheat toast <i>1 tsp soft margarine</i> <i>1 tsp jelly</i></p> <p>LUNCH</p> <p>Smoked turkey sandwich <i>2 ounces whole wheat pita bread</i> <i>1/4 cup romaine lettuce</i> <i>2 slices tomato</i> <i>3 ounces sliced smoked turkey breast*</i> <i>1 tbsp mayo-type salad dressing</i> <i>1 tsp yellow mustard</i></p> <p>1/2 cup apple slices 1 cup tomato juice*</p> <p>DINNER</p> <p>Grilled top loin steak <i>5 ounces grilled top loin steak</i></p> <p>3/4 cup mashed potatoes <i>2 tsp soft margarine</i></p> <p>1/2 cup steamed carrots <i>1 tsp honey</i></p> <p>2 ounces whole wheat dinner roll <i>1 tsp soft margarine</i> 1 cup fat-free milk</p> <p>SNACKS</p> <p>1 cup low-fat fruited yogurt</p>	<p>BREAKFAST</p> <p>French toast <i>2 slices whole wheat French toast</i> <i>2 tsp soft margarine</i> <i>2 tsp maple syrup</i></p> <p>1/2 medium grapefruit 1 cup fat-free milk</p> <p>LUNCH</p> <p>Vegetarian chili on baked potato <i>1 cup kidney beans*</i> <i>1/2 cup tomato sauce w/ tomato tidbits*</i> <i>3 tbsp chopped onions</i> <i>1 ounce lowfat cheddar cheese</i> <i>1 tsp vegetable oil</i> <i>1 medium baked potato</i></p> <p>1/2 cup cantaloupe 3/4 cup lemonade</p> <p>DINNER</p> <p>Hawaiian pizza <i>2 slices cheese pizza</i> <i>1 ounce canadian bacon</i> <i>1/4 cup pineapple</i> <i>2 tbsp mushrooms</i> <i>2 tbsp chopped onions</i></p> <p>Green salad <i>1 cup leafy greens</i> <i>3 tsp sunflower oil and vinegar dressing</i></p> <p>1 cup fat-free milk</p> <p>SNACKS</p> <p>5 whole wheat crackers* 1/8 cup hummus 1/2 cup fruit cocktail (in water or juice)</p>	<p>BREAKFAST</p> <p>Pancakes <i>3 buckwheat pancakes</i> <i>2 tsp soft margarine</i> <i>3 tsp maple syrup</i></p> <p>1/2 cup strawberries 3/4 cup honeydew melon 1/2 cup fat-free milk</p> <p>LUNCH</p> <p>Manhattan clam chowder <i>3 ounces canned clams (drained)</i> <i>3/4 cup mixed vegetables</i> <i>1 cup canned tomatoes*</i></p> <p>10 whole wheat crackers* 1 medium orange 1 cup fat-free milk</p> <p>DINNER</p> <p>Vegetable stir-fry <i>4 ounces tofu (firm)</i> <i>1/4 cup green and red bell peppers</i> <i>1/2 cup bok choy</i> <i>2 tbsp vegetable oil</i></p> <p>1 cup brown rice 1 cup lemon-flavored iced tea</p> <p>SNACKS</p> <p>1 ounce sunflower seeds* 1 large banana 1 cup low-fat fruited yogurt</p>

* Starred items are foods that are labeled as no-salt-added, low-sodium, or low-salt versions of the foods. They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level of the 7 day menu assumes no-salt-added in cooking or at the table



Sample Menus for a 2000 calorie food pattern

Averaged over a week, this seven day menu provides all of the recommended amounts of nutrients and food from each food group. (Italicized foods are part of the dish or food that precedes it, which is not italicized.)



Food Group	Daily Average Over One Week	Nutrient	Daily Average Over One Week
GRAINS	Total Grains (oz eq) 6.0	Calories	1994
	Whole Grains 3.4	Protein, g	98
	Refined Grains 2.6	Protein, % kcal	20
VEGETABLES *	Total Veg* (cups) 2.6	Carbohydrate, g	264
		Carbohydrate, % kcal	53
		Total fat, g	67
FRUITS	Fruits (cups) 2.1	Total fat, % kcal	30
		Saturated fat, g	16
		Saturated fat, % kcal	7.0
MILK	Milk (cups) 3.1	Monounsaturated fat, g	23
		Polyunsaturated fat, g	23
		Linoleic Acid, g	21
MEAT & BEANS	Meat/ Beans (oz eq) 5.6	Alpha-linolenic Acid, g	1.1
		Cholesterol, mg	207
		Total dietary fiber, g	31
OILS	Oils (tsp/grams) 7.2 tsp/32.4 g	Potassium, mg	4715
		Sodium, mg*	1948
		Calcium, mg	1389
		Magnesium, mg	432
		Copper, mg	1.9
		Iron, mg	21
		Phosphorus, mg	1830
		Zinc, mg	14
		Thiamin, mg	1.9
		Riboflavin, mg	2.5
		Niacin Equivalents, mg	24
		Vitamin B6, mg	2.9
		Vitamin B12, mcg	18.4
		Vitamin C, mg	190
		Vitamin E, mg (AT)	18.9
		Vitamin A, mcg (RAE)	1430
		Dietary Folate Equivalents, mcg	558







*Vegetable subgroups	(weekly totals)
Dk-Green Veg (cups)	3.3
Orange Veg (cups)	2.3
Beans/ Peas (cups)	3.0
Starchy Veg (cups)	3.4
Other Veg (cups)	6.6

* Starred items are foods that are labelled as no-salt-added, low-sodium, or low-salt versions of the foods. They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level of the 7 day menu assumes no-salt-added in cooking or at the table.



MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal Based on a 1400 calorie pattern.	List each food choice in its food group*	Estimate Your Total
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p>GRAINS</p>	Make at least half your grains whole grains	5 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>ounce equivalents</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p>VEGETABLES</p>	Try to have vegetables from several subgroups each day	1 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p>FRUITS</p>	Make most choices fruit, not juice	1 ½ cups	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p>MILK</p>	Choose fat-free or low fat most often	2 cups (1 ½ ounces cheese = 1 cup milk)	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p>MEAT & BEANS</p>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	4 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>ounce equivalents</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p>PHYSICAL ACTIVITY</p>	Build more physical activity into your daily routine at home and work.	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	<p>_____</p> <p>_____</p> <p>_____</p> <p>*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>minutes</p>

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____



Tips for increasing physical activity

Make physical activity

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. What's important is to be active most days of the week and make it part of daily routine. For example, to reach a 30-minute goal for the day, walk the dog for 10 minutes before and after work, and add a 10 minute walk at lunchtime. Or, swim 3 times a week and take a yoga class on the other days. *Make sure to do at least 10 minutes of the activity at a time*, shorter bursts of activity will not have the same health benefits. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

a regular part of the day

More ways to increase physical activity

At home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved—enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog—don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden
- Play with the kids—tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.

At work:

- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball or bowling team.

At play:



- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racket ball, tennis, or squash.
- Ski cross-country or downhill.
- Play basketball, softball, or soccer.
- Hand cycle or play wheelchair sports.
- Take a nature walk.
- Most important – have fun while being active!

**(Adapted from materials retrieved 7/23/2010 from
http://www.mypyramid.gov/pyramid/physical_activity_tips_print.html)**

STRENGTHEN YOUR IMMUNE SYSTEM

The viruses that cause colds and flu are spread from person-to-person, making them very easy to contract. That is why it is important to have a strong immune system. "By taking a few simple preventative measures, you can help build immunity to a variety of cold and flu viruses," says Verena Van Fleet, PhD, associate professor at Northwestern Health Sciences University.

Dr. Van Fleet, in collaboration with Sher Demeter, LAc, clinic operations assistant for the Minnesota College of Acupuncture and Oriental Medicine (MCAOM) at Northwestern; and Peggy Miller, LAc, manager of the herbal pharmacy for MCAOM, offers these tips for boosting your immune system:

- **Exercise Consistently:** Moderate exercise keeps blood and energy flowing, which increases circulation and function. "Don't be sedentary during the week and then exercise hard on the weekends," says Dr. Van Fleet. "This can damage your immune system and make you more susceptible to getting a respiratory infection." Miller recommends trying tai chi or qi gong, which are gentle yet effective exercises.
- **Eat Well:** "Excellent nutrition is the backbone of maintaining good health and a strong immune response throughout the year," says Demeter. "During cold and flu season, you should increase your consumption of warming foods, such as soups and teas, and decrease your consumption of cold and raw foods."
- **Get an Adequate Amount of Vitamins:** More specifically, Dr. Van Fleet recommends:
 - *Vitamin C:* Found in fruits, broccoli, and brussels sprouts.
 - *Vitamin A:* Found in orange and red veggies such as carrots and greens such as kale. Also found in meat, fish, eggs, milk and other dairy products.
 - *Vitamin D:* Found in egg yolk, cod liver oil and other sources of omega-3 fatty acids. Milk and other dairy products are often fortified with it. Small amounts of vitamin D are produced when you are exposed to the sun (although exposure to the sun should be in moderation). This may help explain why people tend to get sick more often during the winter (when there is less daylight and people are less likely to be outside).
- **Reduce/Manage Stress:** "Both Eastern and Western traditions recognize unresolved stress as a factor that weakens the body," says Demeter. "Stress can be brought on by emotional upset,

poor diet, lack of sleep and other environmental stressors.” Stress can be debilitating, using energy that should be directed to maintain and repair the immune system. When you are stressed, your body doesn’t have enough energy to maintain and repair your immune system.

- **Dress Appropriately:** “Be sure to keep your neck and throat warm and out of the wind,” says Miller. “In Chinese medicine, certain pathogens are thought to enter the body through the back of the neck and throat – so it’s especially important to wear a scarf when you’re outside.”
- **Gradually Expose Yourself to Pathogens:** If you live in an environment that’s too clean, your immune system will become idle. Not being exposed to viruses on a regular basis, may subject your body to conditions like asthma or allergies,” says Dr. Van Fleet. “Your body will channel function towards things that aren’t pathogens (such as allergies) that normally wouldn’t make you sick. Having a cold or flu keeps your immune system alert.”
- **Live a Moderate Life:** Don’t drink too much [alcohol] or eat too many sweets – it can have a major effect on your immune function. Try not to do anything in excess.
- **Hydration is Key:** Dehydration affects your skin and mucus membranes which are the first line of defense in preventing pathogens from entering your body. If your mucus membranes are dried out, it can create a problem. They are responsible for flushing out your system. Pathogens can easily attach to cells and get into your body. This is especially important during exercise.
- **Wash Your Hands:** Washing your hands frequently and thoroughly can help prevent you from getting sick and also keep you from spreading your germs to others when you are sick. You should always wash your hands before you eat.

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(Retrieved 8/5/2010 from
<http://www.nwhealth.edu/healthyU/stayHealthy/strength.html>)