



# UNDERSTANDING WHAT MYPYRAMID MEANS

Use MyPyramid to guide grocery shopping and healthier eating for you and your family.



## Grains - Make half your grains whole

- Eat at least 3 oz. of whole grain bread, cereal, crackers, rice or pasta every day
- 1 oz. is about 1 slice bread, 1 cup breakfast cereal or 1/2 cup cooked rice, cereal or pasta

## Vegetables - Vary your vegetables

- 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

- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit
- Go easy on fruit juices

## Dairy - Choose calcium-rich foods

- Go low-fat or fat-free when you choose milk, yogurt and other milk products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages

## Meat & Beans - Go lean with protein

- Choose low-fat or lean meats and poultry
- Choose low-fat cooking methods, including baking, broiling or grilling
- Vary your protein sources by choosing fish, beans, peas, nuts and seeds

## Find your balance between food and physical activity

- Stay within your daily calorie needs
- Be physically active for at least 30 minutes most days of the week
- Children and teenagers should be physically active 60 minutes daily

## Limit salt (sodium) and discretionary calories from fats and sugar

- Look for sources of Omega-3 fatty acids, such as fish, nuts and some vegetable oils
- Limit fats that are solid at room temperature - they are higher in saturated fat than oils, which are liquid at room temperature
- Choose foods and beverages low in saturated and trans fats, sodium and added sugars

Go to [www.mypyramid.gov](http://www.mypyramid.gov) for information on physical activity, individualized menu planning, specific serving amounts and size information, more tips and other resources.

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***Food Check-Out Week is February 21-27, 2010 and is sponsored by the American Farm Bureau® Women's Leadership Committee.***