

MyPyramid.gov

MyPyramid.gov is the current food guidance system that provides a personalized food and physical activity intake plan for individuals based on their age, gender, and current physical activity level. In addition, **MyPyramid.gov** provides a variety of tools and resources for adults, adolescents, and children to help them monitor and maintain their recommended calorie intake and physical activity levels. Below you will find the current Dietary Guidelines for Americans based on a 2,000-calorie intake pattern for each part of the MyPyramid graphic.

Variety

The colored bands represent the 5 food groups of the Pyramid and oils. All food groups are needed each day for good health.

Activity

30-60 minutes of daily physical activity. Children and adolescents should be physically active for at least 60 minutes every day. Balance your calorie intake and physical activity.

Proportionality

The widths of the bands suggest how much food a person should choose from each group. This is a general guide, not exact proportions.

*Extras - No more than 265 calories a day. Limit solid fats and sugars.

FRUITS

*2 cups a day
Eat a variety of colorful fruit. Go easy on fruit juice.

VEGETABLES

*2 1/2 cups a day
Eat a variety of colorful vegetables. Include green, orange, yellow, red, purple, and white. Include dry beans and peas.

GRAINS

*6 ounces a day
Make at least half of your grains whole. Whole should be the first word on the ingredient list.

The narrower area stands for foods with more added sugars and solid fats. Limit these foods.

OILS

*6 teaspoons a day
Sources should come from fish, nuts, and vegetable oils. Avoid solid fats (saturated and trans fats).

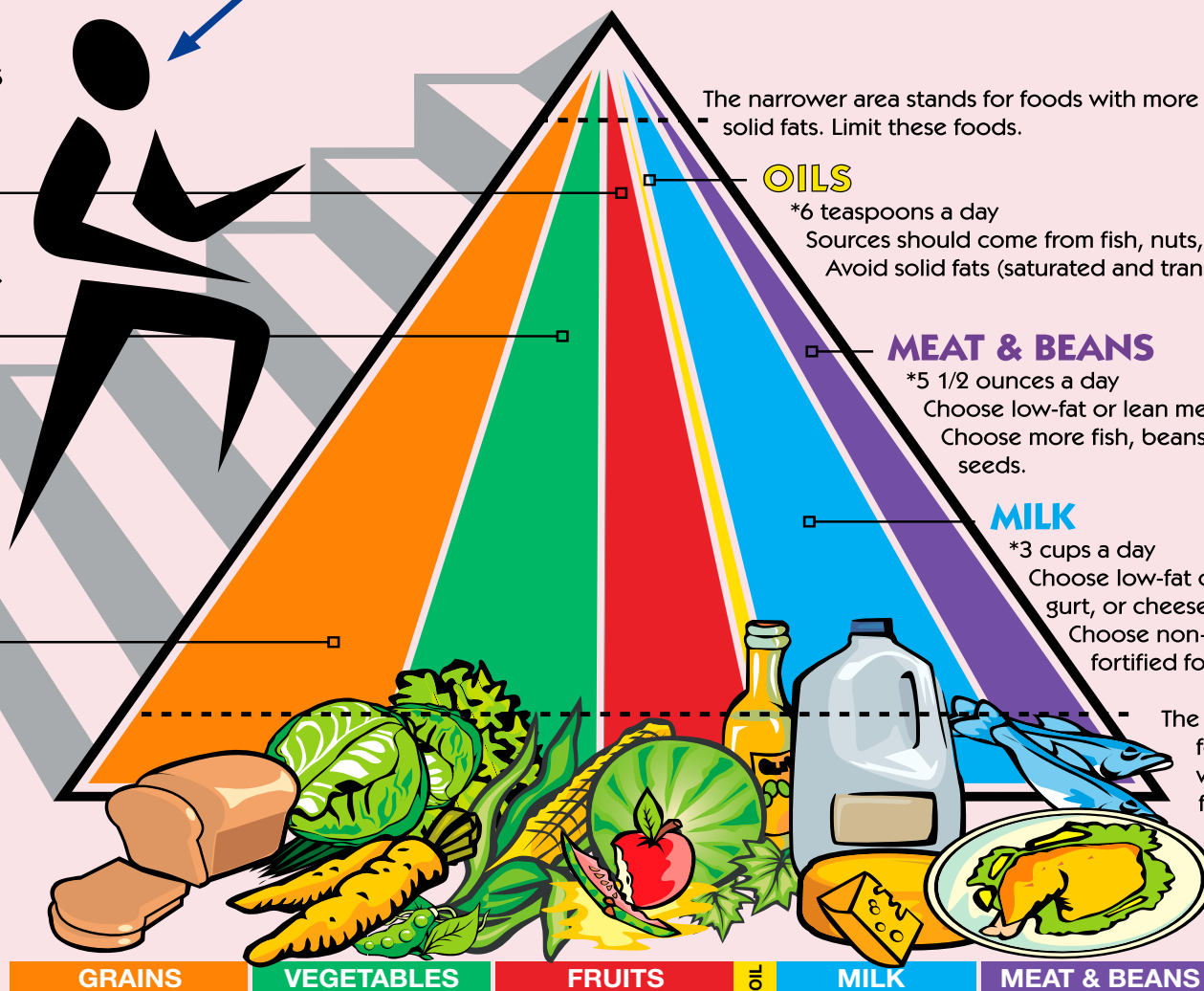
MEAT & BEANS

*5 1/2 ounces a day
Choose low-fat or lean meats and poultry. Choose more fish, beans, peas, nuts, and seeds.

MILK

*3 cups a day
Choose low-fat or fat-free milk, yogurt, or cheese (1 1/2 to 2 ounces). Choose non-dairy, calcium rich, or fortified foods, if necessary.

The wider base stands for healthier foods with little or no solid fats or added sugars. Eat more of these foods.



Activities

1. Visit www.MyPyramid.gov and request a personalized MyPyramid plan. Input your age, sex, and current physical activity level. Your weight and height are optional. How many servings of each food group are recommended daily? How much physical activity is recommended?
2. In groups, review and discuss the current Dietary Guidelines and MyPyramid.gov. What suggestions would you give the committee revising the current Dietary Guidelines to make them more beneficial to your health?
3. Using the dietary recommendations in the article, use real foods to measure the recommended daily intake of each food group, oils, and extras.
4. In groups, create a day's menu for yourself using the current Dietary Guidelines for Americans.
5. The current Dietary Guidelines for Americans will be updated in 2010. As a class, discuss any modifications, changes, or additions that occur when the new guidelines are released.

Home Connection

Ask your other family members to request a personalized MyPyramid Plan at www.MyPyramid.gov. Briefly describe in writing your family's reaction to using this nutritional and physical activity tool. Share this information with your classmates.

Discussion Questions

Do you think you meet most of the daily dietary recommendations in the article?

Which recommendation do you feel you neglect most often?