

ACTIVITY MY PYRAMID

Safety Note

Before beginning any diet, supplement or exercise program, discuss it with your doctor or a qualified health care provider.

RECOMMENDED DAILY SERVINGS

The wide base of the pyramid means that you should eat more foods with little or no solid fat and added sugar. The narrow top area stands for foods containing solid fat or added sugars (like most cookies and chips, for example) that you should eat less often.

GRAINS

Any food made from wheat, rice, oats, cornmeal, barley or other cereal (including bread, pasta, oatmeal, breakfast cereals, tortillas, and rice) is a grain product. One oz from the grains group equals 1 slice of bread, 1 cup of ready-to-eat cereal, 1/2 cup of cooked rice, cereal, or pasta, 1 small tortilla, or 1 mini-bagel.

At least half (3 oz) of all the grains eaten in one day should be whole grains. Whole grain foods include brown rice, oatmeal, popcorn (3 cups plain = 1 oz), whole wheat breads, pastas, tortillas and crackers, and whole grain barley and cornmeal.

VEGETABLES

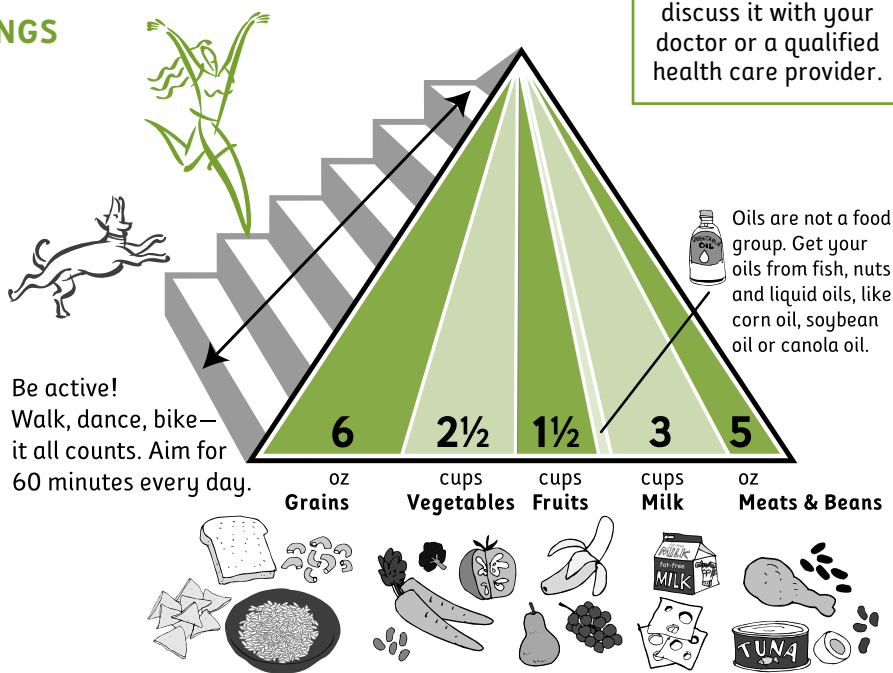
Any vegetable or 100% vegetable juice is in the vegetable group. One cup of vegetables equals 1 cup of raw or cooked vegetables, 1 cup of 100% vegetable juice, 1 large baked sweet potato (plain), 1 medium baked potato (plain), or 2 cups of raw leafy green vegetables.

FRUITS

Any fruit or 100% fruit juice counts as part of the fruit group. One cup of fruit equals 1 medium apple, banana or orange, 1 cup of sliced fruit, 1 cup of cooked or canned and drained fruit, 1 cup of fruit juice (make sure it's 100% juice), or 1/2 cup of dried fruit (raisins, etc.). Avocados are part of the fruit group.

MILK

Milk products include milk, yogurt, cheese, pudding, and cottage cheese. One cup from the milk group equals 1 cup of milk or yogurt, 2 oz of



American cheese, or 1 cup of pudding made with milk. Choose fat-free or low-fat milk, yogurt and cheese most often. Low-fat milk products are good sources of protein and calcium.

MEATS & BEANS

Meat, poultry, fish, eggs, dry beans or peas, tofu and soybeans, nuts, and seeds are part of this group. One oz equals 1 oz of meat, poultry, or fish, 1/4 cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, 1/4 cup of tofu, or 1/2 oz of nuts or seeds (12 almonds). Generally, one small, lean chicken breast equals 3 oz, and 1 small can of drained tuna equals 3–4 oz.

OILS

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. The recommended daily allowance for oils is measured in teaspoons. Oils occur naturally in nuts and seeds, peanut butter, fish and avocados, and in food products like olives, cooking oil, and salad dressings. Check the Nutrition Facts label to find products with 0 grams of trans fat. One tbs of margarine or mayonnaise equals 2 1/2 tsp of oil. One-half of a medium avocado (fruit), or

12 almonds (meats & beans) equals 3 tsp of oils, in addition to what they count in each food group.

DISCRETIONARY CALORIES

Discretionary calories are “extra” calories that may be used to consume fats, added sugars, alcohol, or any foods. Recommended calories range from 100–300, depending on an individual’s estimated calorie needs. For example, a person who needs 2,000 calories per day will need about 1,735 calories for essential nutrients, leaving 265 discretionary calories. These calories could be used to consume sweets, sauces, or beverages, such as soft drinks.

PHYSICAL ACTIVITY

Physical activity is represented by the steps on the pyramid. It should be moderate or vigorous for at least 30 minutes per day to use energy and help you achieve and maintain a healthy weight and lower your risk for chronic disease. Moderate physical activity includes brisk walking, hiking or dancing. Vigorous activity includes running or jogging, bicycling, swimming or a fast walk.