

Incorporate the MyPyramid Guidelines into your daily diet with these easy tips!

Grains

- Use brown rice stuffing in baked green peppers. Try whole-wheat pasta in macaroni and cheese.
- Snack on ready-to-eat, whole-grain cereals.
- Eat popcorn (a whole grain) with little or no added salt and butter.

Vegetables

- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles and muffins.
- Include chopped vegetables in pasta sauce or lasagna.

Fruit

- Top breakfast cereal with bananas. Add blueberries to pancakes.
- Buy pre-cut fruit like pineapples and melons.
- Snack on dried fruits (1/4 cup equals 1/2 cup of other fruits).
- Add fruit to meat dishes; try chicken with apricots or mango chutney.

Oils

- Top whole-grain, no *trans* fat crackers with almond butter.
- Use varied flavors like walnut and sesame oils for sautéed dishes.
- Choose salmon, trout, and herring, all rich in omega-3 fatty acids.

Milk

- Ask for skim milk in your cappuccino or latte.
- Use fat-free, low-fat, or evaporated fat-free milk in condensed cream soups.
- Top casseroles, soups or vegetables with shredded low-fat cheese.
- Make fruit-yogurt smoothies in the blender.

Meat & Beans

- Instead of breading or high-fat sauces, top lean meats with vegetable salsa.
- Serve chili chock full of kidney or pinto beans for a hearty main meal.
- Add slivered almonds to steamed vegetables, or toasted peanuts to stir fry.
- Grill, broil or bake salmon, trout and herring.

NEW USDA
Food Pyramid

Your Healthy Shopping Guide



MyPyramid.gov
STEPS TO A HEALTHIER YOU



For more information, visit MyPyramid.gov

*Information contained in this brochure adapted from MyPyramid.gov and *Finding Your Way to a Healthier You*:

Dietary Guidelines for Americans published by the US Department of Agriculture and the US Department of Health and Human Services.



Healthy eating... just for you!

The USDA has released an exciting new Food Guidance System called MyPyramid. This interactive system is designed to help you make personalized healthy eating and exercise choices. Log on to **MyPyramid.gov** and enter your age, gender and physical activity level to get a personalized nutrition and exercise program made just for you!

With MyPyramid, you'll learn how to:

- Make smart choices from every food group.
- Find a balance between food and physical activity.
- Get the most nutrition out of your calories.

Although MyPyramid recommends different eating plans for different people, the guidelines in this brochure can be used as a general healthy foundation for everyone. Look for helpful signs and information throughout the store to guide you toward healthy choices for you and your family. Visit **MyPyramid.gov** for more details.

Find your balance between food and physical activity.

Becoming a healthier you isn't just about eating healthy – it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the food calories you take in with the calories you expend each day. Check out **MyPyramid.gov** for more personalized exercise information.

- Be physically active for at least 30 minutes most days of the week.
- Increase the intensity or amount of time that you are physically active for even greater health benefits and weight control. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes most days.

Healthy Shopping List

Preparing your own food means you control the ingredients. Having the right choices on hand makes healthy cooking easier and more delicious! Adding these items to your shopping list will help you make healthy step-by-step changes to your family's eating habits.

Grains Stock your pantry with whole-grain ingredients like brown rice, whole-wheat flour, and whole oats to boost the fiber content of your family's favorite meals.

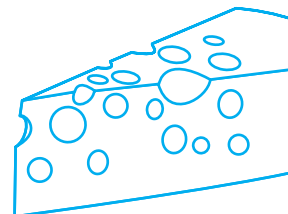
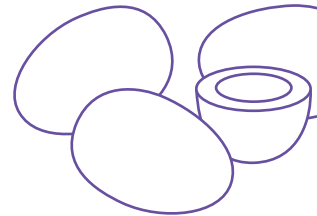
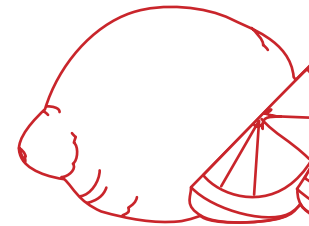
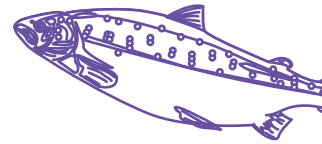
Vegetables Buy pre-cut, pre-washed salad greens, grape tomatoes and baby carrots for a quick and easy salad at any meal. Include a variety of colors for complete nutrition.

Fruits Fill your kitchen with fresh, frozen or canned fruits for quick snacks and sweet additions to main dishes.

Oils Add olive, canola and other healthy oils to your shopping list to replace solid fats in your daily cooking.

Milk Keep low-fat or fat-free dairy choices like low-fat yogurt and fat-free milk on hand to use as healthier substitutes in your favorite recipes.

Meat & Beans In addition to traditional meats, poultry and fish, pick up nuts and beans to add healthy protein to your diet.



Navigate MyPyramid with

These Simple Guidelines

Make half your grains whole.



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- Choose whole-grain foods like whole-wheat breads, crackers and pasta; whole-wheat or oat cereals; or brown rice.
- Look for whole-wheat, brown rice and oatmeal on ingredient labels.
- One ounce of grains equals about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked cereal, rice or pasta.
- Try for 6 ounces of grains (at least 3 of them whole grains) each day for a 2,000 calorie per day diet.

Know your fats.



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- Most of the fats you consume should come from polyunsaturated and monounsaturated fats like those found in vegetable oils, nuts and fish.
- Check Nutrition Facts on food labels to keep saturated and trans fats low.
- Recommended amounts of oils in a daily adult diet range between 5 and 7 teaspoons, and depend on your age, gender and physical activity level.

Vary your veggies.



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- Eat dark green veggies such as spinach, kale and other dark leafy greens.
- Include orange veggies such as carrots, sweet potatoes, pumpkin and winter squash.
- Buy easy-to-prepare vegetables like pre-washed bags of salad greens, baby carrots, grape tomatoes or celery sticks.
- Try for a total of 2 1/2 cups of vegetables each day for a 2,000 calorie per day diet.

Get your calcium-rich foods.



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- For healthy snacking, reach for low-fat or fat-free yogurt, cheese and milk.
- If you don't or can't consume milk, try lactose-free milk and calcium-fortified foods.
- Aim for 3 cups of low-fat or fat-free dairy products every day (ages 9 and up). Kids aged 2 to 8 need 2 cups a day.

Focus on fruits.



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- Keep a wide variety of fresh, frozen, canned and dried fruits on hand for snacks, desserts and sweet additions to your family's favorite recipes.
- Choose fruits of different colors to be sure you're getting a variety of nutrients.
- Try for a total of 2 cups of fruit each day for a 2,000 calorie per day diet.

Go lean with protein.



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- Select lean meats and skinless poultry for healthier recipes.
- Choose baking, broiling and grilling as healthy cooking options.
- Vary your protein choices with fish, beans, nuts and seeds.
- Aim for 5 1/2 ounces of protein a day for a 2,000 calorie per day diet.

The amount of food you need from each group depends on age, gender, and level of physical activity. For your personalized recommendations, visit MyPyramid.gov.

Sample Meal Plan

Need help getting started? These menus represent possible healthy food options for a 2,000 calorie per day diet. The "Tips and Resources" section at MyPyramid.gov offers meal suggestions for a whole week, incorporating all food groups and essential vitamins and nutrients. Also check out the helpful MyPyramid Tracker feature which provides a detailed assessment of your current daily diet and physical activity, as well as suggestions for improvement.

Look for more family meal planning ideas to come.



Day 1	Day 2
<p>Breakfast Breakfast burrito 1 7" whole-wheat flour tortilla 1 scrambled egg (in 1 tsp soft margarine) 1/3 cup black beans* 2 tbsp salsa 1 cup orange juice 1 cup fat-free milk</p> <p>Lunch Roast beef sandwich 1 whole-wheat sandwich bun 3 ounces lean roast beef 2 slices tomato 1/4 cup shredded romaine lettuce 1/8 cup sautéed mushrooms (in 1 tsp oil) 1 1/2 ounce part-skim mozzarella cheese 1 tsp yellow mustard 3/4 cup baked potato wedges* 1 tbsp ketchup 1 unsweetened beverage</p> <p>Dinner Stuffed broiled salmon 1 ounce bread stuffing mix 1 tbsp chopped onions 1 tbsp diced celery 2 tsp canola oil 1/2 cup saffron (white) rice 1 ounce slivered almonds 1/2 cup steamed broccoli 1 tsp soft margarine 1 cup fat-free milk</p> <p>Snacks 1 cup cantaloupe</p>	<p>Breakfast Hot cereal 1/2 cup cooked oatmeal 2 tbsp raisins 1 tsp soft margarine 1/2 cup fat-free milk 1 cup orange juice</p> <p>Lunch Taco salad 2 ounces baked tortilla chips 2 ounces ground turkey, sautéed in 2 tsp sunflower oil 1/2 cup black beans* 1/2 cup iceberg lettuce 2 slices tomato 1 ounce low-fat cheddar cheese 2 tbsp salsa 1/2 cup avocado 1 tsp lime juice 1 unsweetened beverage</p> <p>Dinner Spinach lasagna 1 cup lasagna noodles, cooked (2 oz dry) 2/3 cup cooked spinach 1/2 cup ricotta cheese 1/2 cup tomato sauce with tomato bits* 1 ounce part-skim mozzarella cheese 1 ounce whole-wheat dinner roll 1 cup fat-free milk</p> <p>Snacks 1/2 ounce dry-roasted almonds* 1/4 cup pineapple 2 tbsp raisins</p>

Day 3	Day 4
<p>Breakfast Cold cereal 1 cup bran flakes 1 cup fat-free milk 1 small banana 1 slice whole-wheat toast 1 tsp soft margarine 1 cup prune juice</p> <p>Lunch Tuna fish sandwich 2 slices rye bread 3 ounces tuna (packed in water) 2 tsp mayonnaise 1 tbsp diced celery 1/4 cup romaine lettuce 2 slices tomato 1 medium pear 1 cup fat-free milk</p> <p>Dinner Roasted chicken breast 3 ounces boneless skinless chicken breast* 1 large baked sweet potato 1/2 cup peas and onions 1 tsp soft margarine 1 ounce whole-wheat dinner roll 1 tsp soft margarine 1 cup leafy greens salad 3 tsp sunflower oil and vinegar dressing</p> <p>Snacks 1/4 cup dried apricots 1 cup low-fat fruited yogurt</p>	<p>Breakfast 1 whole-wheat English muffin 2 tsp soft margarine 1 tbsp jam or preserves 1 medium grapefruit 1 hard-cooked egg 1 unsweetened beverage</p> <p>Lunch White bean-vegetable soup 1 1/4 cup chunky vegetable soup 1/2 cup white beans* 2 ounce breadstick 8 baby carrots 1 cup fat-free milk</p> <p>Dinner Rigatoni with meat sauce 1 cup rigatoni pasta (2 ounces dry) 1/2 cup tomato sauce with tomato bits* 2 ounces extra lean cooked ground beef (sautéed in 2 tsp vegetable oil) 3 tbsp grated Parmesan cheese Spinach salad 1 cup baby spinach leaves 1/2 cup tangerine slices 1/2 ounce chopped walnuts 3 tsp sunflower oil and vinegar dressing 1 cup fat-free milk</p> <p>Snacks 1 cup low-fat fruited yogurt</p>

*Foods are labeled as no-salt-added, low-sodium, or low-salt. This meal plan assumes

no salt added in cooking or at the table.