



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 for information on physical activity, individualized menu planning, specific serving amounts and size information, more tips and other resources.

Food Check-Out Week is February 15-21, 2009 and is sponsored by the American Farm Bureau® Women's Leadership Committee.