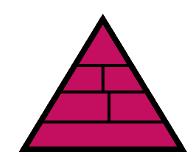


Healthy Lifestyle Tip Sheet......

The Food Guide Pyramid



The Food Guide Pyramid is based on USDA research and will help guide you to a healthy diet.

- The Pyramid is an outline of what to eat each day. It's not a prescription, but a general guide to choosing a healthful diet.
- The Pyramid calls for eating a variety of foods to get the energy, protein, vitamins, minerals and fiber needed for good health.
- The Pyramid focuses on the five major foods groups. No one food group is more important than another.
- The Pyramid guides people to choose a diet low in fat, cholesterol and sugar to help maintain weight and reduce the risk of chronic disease like obesity and heart disease.
- For more information about food groups see specific Healthy Lifestyle Tip Sheets and USDA website www.usda.gov/cnpp/pyramid.html.

Using the Pyramid to Plan Your Diet

	1,600 <u>Calories</u>	2,200 <u>Calories</u>	2,800 <u>Calories</u>
Grain Group Number of Servings	6	9	11
Vegetable Group Number of Servings	3	4	5
Fruit Group Number of Servings	2	3	4
Milk Group Number of Servings	2-3	2-3	2-3
Meat Group Number of Servings	2-3	2-3	2-3
Total Fat (grams)	53	73	93
Total Added Sugars (teaspoons)	6	12	18

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Balancing Diet and Activity to Maintain a Healthy Lifestyle

Daily Activity Needs

- Adults: 30-60 minutes 5 or more days of the week.
- Children: **60 minutes** every day of the week.



How Many Calories Do I Need?

About **1,600** calories for:

- sedentary women some older adults

About **2,200** calories for:

- most children
- teenage girls
- active women
- many sedentary men

About **2,800** calories for:

- teenage boys
- many active men
- very active women