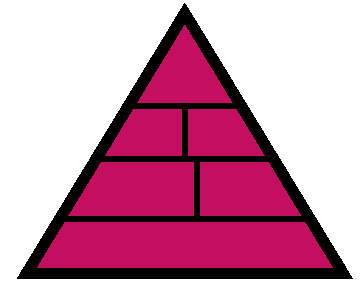


## The Food Guide Pyramid



**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](http://www.usda.gov/cnpp/pyramid.html).

### 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.**



### Using the Pyramid to Plan Your Diet

	<u>1,600 Calories</u>	<u>2,200 Calories</u>	<u>2,800 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

### 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