



Introducing...

# MyPyramid

As you may have heard, there's a "new and improved" food pyramid. MyPyramid can help guide you to healthy eating choices.

Scientists and educators looked at years of nutrition and health research to create the 2005 Dietary Guidelines for Americans. MyPyramid is the symbol that represents the guidelines.

## What's Different?

- ▲ MyPyramid has colorful, vertical bands of differing sizes. For example, the red band represents fruits and the orange band represents grain. The orange band is wider than the red band. This reminds you to eat a variety of foods in proportion to your needs.
- ▲ A figure is climbing the "steps" of the new pyramid. This new feature emphasizes the importance of regular physical activity.
- ▲ The new pyramid recommends amounts of food in cups and ounces instead of "servings."
- ▲ It's not a "one size fits all" pyramid. It's individualized and the Web site has lots of tips and resources to help you make gradual changes.

Visit the Web site at [www.mypyramid.gov](http://www.mypyramid.gov) and click on these sections for more information:

- **MyPyramid Plan:** shows the kinds and amounts of foods to eat each day. Enter your age, gender and level of physical activity for your personalized plan. You can print out a miniposter of the plan and a worksheet to track your progress.
- **Inside the Pyramid:** provides detailed information about each food group, discretionary calories and physical activity, including foods in each food group and a photo gallery to help identify portion sizes.
- **Tips and Resources:** provides ideas to help you move toward a healthier lifestyle. For example, it includes ideas on how to eat more whole grains, fruits and vegetables.
- **MyPyramid Tracker:** allows you to track your food choices and physical activity and compare them to the recommendations.

## What are Some Messages from MyPyramid?

### Make Half Your Grains Whole

Eat at least 3 ounces of whole-grain crackers, bread, cereal, rice or pasta every day.

### Vary Your Veggies

Eat more dark green vegetables.  
Eat more orange vegetables.  
Eat more dry beans and peas.

### Focus on Fruit

Eat a variety of fruit. Choose fresh, frozen, canned or dried. Go easy on fruit juices.

### Know Your Fats

Make most of your fat sources from fish, nuts and vegetable oils. Limit solid fats such as butter, stick margarine, shortening and lard.

### Get Your Calcium-rich Foods

Choose low-fat or fat-free milk. If you don't or can't consume milk, choose lactose-free products or other calcium sources.

### Go Lean with Protein

Choose low-fat or lean meats and poultry. Bake it, broil it or grill it. Vary your choices – with more fish, beans, peas, nuts and seeds.

### Find Your Balance Between Food and Physical Activity

Be physically active at least 30 minutes most days of the week. Children should be physically active 60 minutes every day or most days.

Your food and physical activity choices each day affect your health – how you feel today, tomorrow and in the future.

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Search MyPyramid.gov

Subjects

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## Steps to a Healthier You

**One size doesn't fit all.** MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

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

### Spotlights

**Tour MyPyramid**  
Take a tour of the new pyramid in this animated feature.

**Mini-Poster Download**

### My Pyramid Plan

Age:  Sex:

Physical Activity: Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

**SUBMIT**

### My Pyramid Tracker

**Go here** for an in-depth assessment of your diet quality and physical activity status.

### Tip of the Week

For Labor Day - Grill vegetable kabobs as part of a barbecue meal. Try using tomatoes, mushrooms, green peppers, and onions.

### For Professionals

Resources and information for use in developing education materials and to assist in understanding Federal food guidance.

For more information about nutrition, food safety and health, visit [www.ag.ndsu.nodak.edu/food.htm](http://www.ag.ndsu.nodak.edu/food.htm).

Julie Garden-Robinson, food and nutrition specialist

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