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## **SP644-My Pyramid – Placemat**

The University of Tennessee Agricultural Extension Service

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## GRAINS

Make half your grains whole

Eat at least 3 oz of whole-grain cereals, breads, crackers, rice or pasta every day

1 oz is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta

## VEGETABLES

Vary your veggies

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

# MyPyramid

### STEPS TO A HEALTHIER YOU

MyPyramid.gov

## MILK

Get your 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

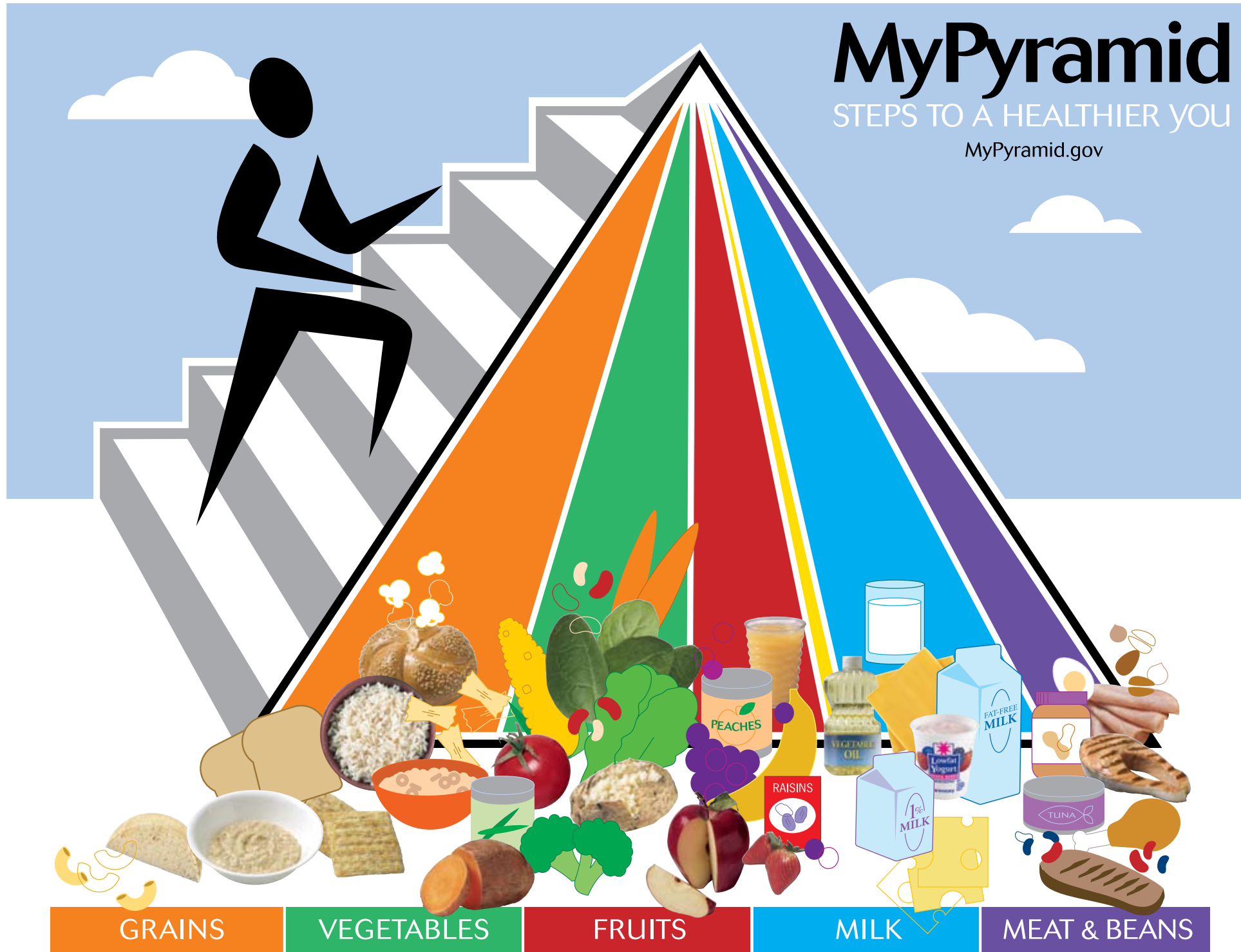
## MEATS & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it or grill it

Vary your protein routine – choose more fish, beans, peas, nuts and seeds



For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, look at the back of this poster.

Eat 6 oz every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups every day; for kids aged 2 to 8, it's 2

Eat 5 1/2 oz every day



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THE UNIVERSITY of TENNESSEE



Family and Consumer Sciences

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## How to Use the MyPyramid Guidelines

The MyPyramid guidelines can be personalized to fit you. First, find your age, sex and activity level on this chart to find out approximately how many calories your body needs each day.

**Sedentary** activity level means that you do only the light physical activity associated with typical day-to-day life (less than 30 minutes).

**Moderate** activity level means you are getting 30 to 60 minutes of physical activity each day in addition to the activity associated with typical day-to-day life.

**Active** means that you do physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour in addition to the light physical activity associated with typical day-to-day life.

### Estimated Daily Calorie Needs

	Calorie Range		
Children	Sedentary	Moderate	Active
2 - 3 years	1,000	1,200	1,400
<b>Females</b>			
4 - 8 years	1,200	1,400	1,800
9 - 13	1,600	1,800	2,200
14 - 18	1,800	2,000	2,400
19 - 30	2,000	2,200	2,400
31 - 50	1,800	2,000	2,200
51+	1,600	1,800	2,200
<b>Males</b>			
4 - 8 years	1,400	1,600	2,000
9 - 13	1,800	2,200	2,600
14 - 18	2,200	2,600	3,200
19 - 30	2,400	2,800	3,000
31 - 50	2,200	2,600	3,000
51+	2,000	2,400	2,800

### One Size Does Not Fit All

These calorie levels are approximate. Each person is a little different. One of the ways to tell if you are eating the right number of calories is to monitor your weight. An adult who is currently maintaining a healthy weight is probably eating about the right number of calories. But if you are gradually gaining weight, reduce the calorie level. Children should be weighed and measured periodically by a health care provider. The health care provider should plot the weight and height on a growth chart. The growth pattern tells the caregiver and health care provider whether children are gaining weight in proportion to their height. If a child is gaining too much weight in proportion to height, reduce the number of calories by reducing sweetened beverages, desserts and high-sugar snacks. If he/she is not gaining enough weight, increase the number of calories.

## How Much Should I Eat?

The next chart explains how much you should eat from each food group in order to meet your daily calorie and nutrition needs.

Note: "oz-eq" stands for "ounce equivalent," which means the amount of food that is equivalent (or equal) to a one-ounce serving. For example, one egg is considered a one-ounce equivalent from the Meat and Beans group.

### Daily Amount of Food From Each Group

Calorie Level <sup>1</sup>	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits <sup>2</sup>	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2.0 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables <sup>3</sup>	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains <sup>4</sup>	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Meat and Beans <sup>5</sup>	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Milk <sup>6</sup>	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils <sup>7</sup>	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary Calorie allowance <sup>8</sup>	165	171	171	132	195	267	290	362	410	426	512	648

<sup>1</sup>This chart uses the calorie ranges shown in the chart for Estimated Daily Calorie Needs. Once you have determined the number of calories you should eat, look on this chart to see how much you should eat from the different food groups. *Pay attention to the number of calories recommended from the Discretionary Calorie Allowance. This includes desserts, sweetened beverages and snack-type foods. Most excessive weight gain comes from eating too much from this category.*

<sup>2</sup>**Fruits** group includes all fresh, frozen, canned and dried fruits as well as fruit juices. In general, one cup of fruit or fruit juice made with 100 percent fruit or one-half cup of dried fruit counts as a one-cup serving.

<sup>3</sup>**Vegetables** group includes all fresh, frozen, canned and dried vegetables and vegetable juices. In general, one cup of raw or cooked vegetables or two cups of raw, leafy greens counts as a one-cup serving.

<sup>4</sup>**Grains** group includes all food made from wheat, rice, oats, cornmeal or barley, such as bread, pasta, oatmeal, ready-to-eat breakfast cereals, tortillas and grits. In general, one slice of bread, one cup of ready-to-eat cereal, or one-half cup of cooked rice, pasta or cooked cereal counts as a one-ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.

<sup>5</sup>**Meat & Beans** group. In general, one ounce of lean meat, poultry or fish; one egg, one tablespoon peanut butter, one-fourth cup cooked dry beans; or one-half ounce of nuts or seeds counts as a one-ounce-equivalent serving.

<sup>6</sup>**Milk** group includes all fluid milk products and foods made from milk that retain their calcium content (like yogurt and cheese). Foods made from milk that have little to no calcium, such as cream cheese, cream and butter are not part of this group. Most of your milk group choices should be fat free or low in fat. In general, one cup of milk or yogurt, an ounce and a half of natural cheese or two ounces of processed cheese count as one cup from the milk group.

<sup>7</sup>**Oils** include fats from many different plants as well as from fish and are liquid at room temperature. Canola, corn, olive, soybean and sunflower oil are examples. Some foods are naturally high in oils, like nuts, olives, some fish and avocados. Foods that are mainly oil include mayonnaise, some salad dressings and soft margarine.

<sup>8</sup>**Discretionary Calorie Allowance** is the number of calories leftover after you have met your basic nutritional needs with choices from all the food groups. (Choose forms of foods that are fat free or low in fat without added sugars.)

For more information about MyPyramid, go to [mypyramid.gov](http://mypyramid.gov) on the World Wide Web.

Charts and nutrition information provided by the U.S. Department of Agriculture Center for Nutrition Policy and Promotion, April 2005