MyPyramid: Steps To A Healthier You

MyPyramid was designed especially for you. It symbolizes a personalized approach to healthy eating and physical activity for all healthy people over 2 years of age. MyPyramid replaces the old Food Guide Pyramid, and is based on the Dietary Guidelines for Americans 2005.

MyPyramid Food Groups
Each of the colors in MyPyramid represents one of the five food groups from which to choose for good health. The yellow band represents oils—this is not a food group but a reminder that some oils are also important for good health. MyPyramid recommends daily amounts for each food group. For example, for a 2,000-calorie diet, you need to eat the amounts below from each food group:

- Grains: Eat 6 ounces every day
- Vegetables: Eat 2 1/2 cups every day
- Fruits: Eat 2 cups every day
- Milk: Have 3 cups every day.
- Meats & Beans: Eat 5 1/2 ounces every day.

One size doesn’t fit all
Visit the interactive MyPyramid website at www.mypyramid.gov. Here it’s easy to enter your age, gender and physical activity level to obtain a more personalized recommendation on your daily calorie level and amounts of food for each food group. The website features 12 MyPyramid plans with different calorie levels, detailed assessment and analysis of your current eating and physical activity habits, and in-depth information about each food group, plus tips, resources and a worksheet.

Basic messages of MyPyramid
✔ Take small steps to improve your diet and lifestyle each day.
✔ Find your balance between food and physical activity. Be physically active for at least 30 minutes most days of the week.
✔ Eat a variety of foods from all food groups each day for good health.
✔ Make half your grains whole: Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
✔ Vary your vegetables: Eat more dark-green and orange vegetables.
✔ Focus on fruits: Eat a variety of fruits, and go easy on fruit juices.
✔ Get your calcium-rich foods: Go low-fat or fat-free when you choose milk, yogurt, and other milk products.
✔ Go lean with protein: Choose low-fat or lean meats and poultry, and more fish, beans, peas, nuts and seeds.

Most Americans don’t eat enough dark green and orange vegetables and legumes, fruits, whole grains and low-fat milk products. And too many Americans eat more fats and added sugars than is healthy. Poor diet and not enough physical activity are linked to diseases like diabetes, osteoporosis, high blood pressure, heart disease and some cancers.

Make MyPyramid your pyramid and step toward a healthier you.

Visit our Nutrition Education for Wellness (NEW) website at www.ctahr.hawaii.edu/NEW