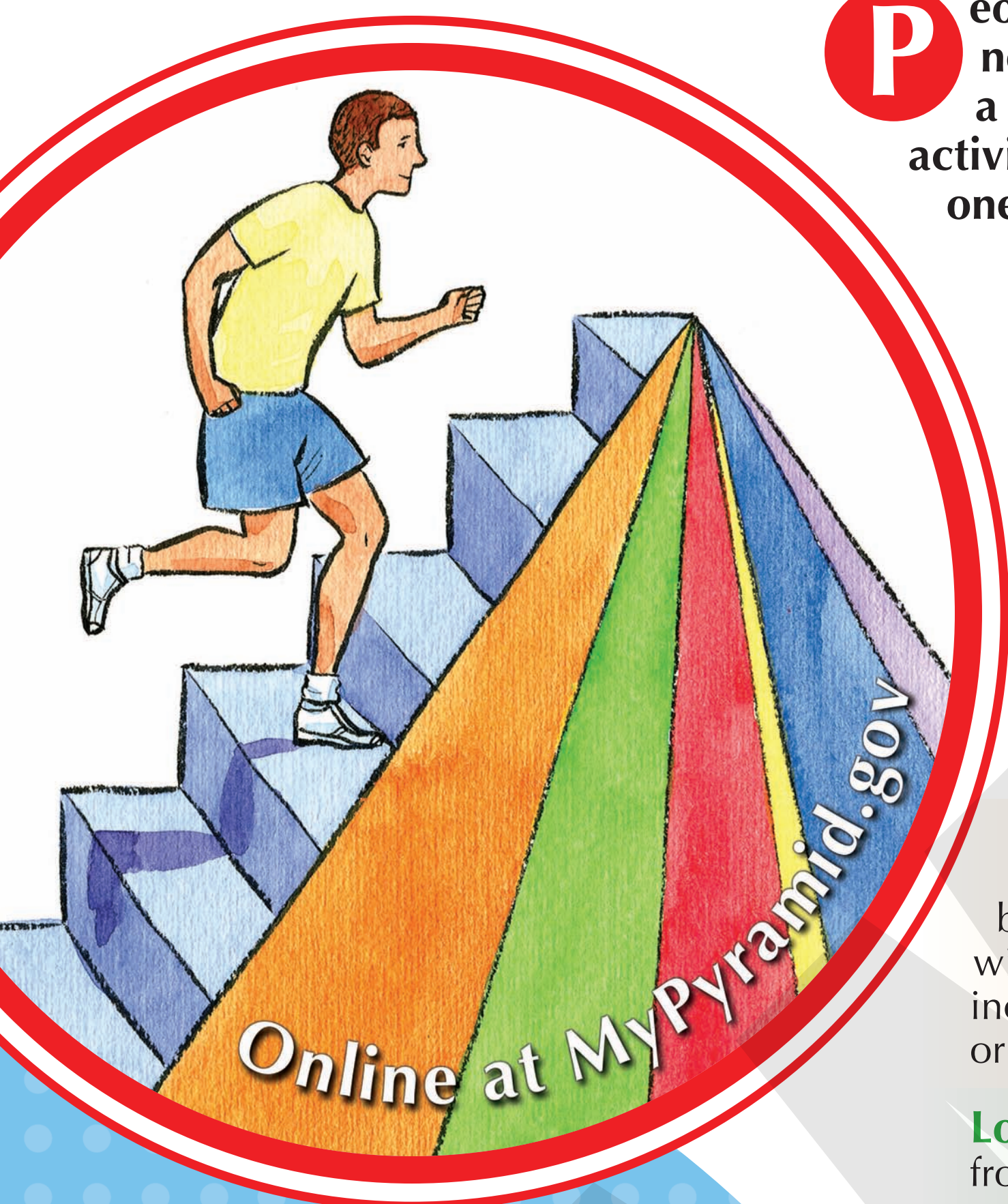


USING MyPyramid.gov



People have individual nutrition and fitness needs. That's why the USDA developed a new system: MyPyramid food and physical activity guide. Gone are the days of the one-size-fits-all chart.



NUTRITION by the COLORS

Once you've seen your personalized nutrition plan at *MyPyramid.gov*, use these tips to begin taking small steps toward better nutrition. **Put the pyramid colors to work for you:**

Eat Good Whole Grains

Have whole-grain cereal for breakfast ... make sandwiches with whole-wheat bread ... include a side dish of brown rice or pasta at dinner.

Load Up on Vegetables Choose from a rainbow of colors — dark green, orange, purple, red — all colors are fine. Enhance the flavor of steamed vegetables with herbs and spices ... make colorful salads ... add more dark greens to your sandwiches.

Choose Fruits Include a variety of fruit — fresh, frozen, canned or dried (especially in place of high-calorie snacks). The more, the better!

Use Oils and Fats Sparingly Healthy fat is unsaturated. It comes from fish, nuts and certain oils. But limit unhealthy saturated fat such as butter, stick margarine, shortening and lard.

Go Light on Dairy Cheese, milk, yogurt — all are good sources of protein and calcium. Just make sure you choose the low-fat or fat-free versions, because regular versions may be high in saturated fat and cholesterol.

Pick Healthier Proteins Proteins help satisfy your appetite and build muscle. Choose lean cuts of meat, skinless poultry and fish — baked, broiled or grilled (not fried). Other good protein sources include beans, peas, nuts, seeds and soy-based foods.

The payoff: When you get the most nutrition from the foods you eat, you may find that you eat less, feel better and manage your weight more easily (especially when combined with a physically active lifestyle). These healthy steps can also help you decrease your risk of developing chronic conditions such as high blood pressure, type 2 diabetes and some forms of cancer.

Reading the Pyramid

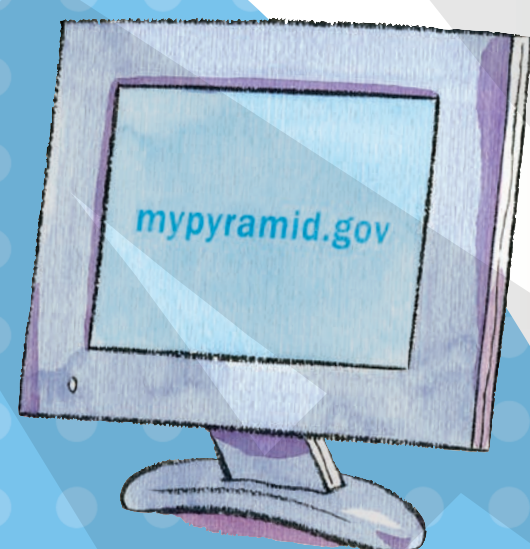
MyPyramid focuses on *steps to a healthier you*.

Start by making physical activity a way of life.

Experts recommend 30 minutes of physical activity most days of the week for adults and 60 minutes for children and teenagers. **Good starts:** Take a walk today ... join in activities that involve more movement ... find a buddy to help you stick with it.

How Do You Use MyPyramid?

MyPyramid.gov is an interactive Web site that will create a custom food guide for you based on your age, gender, weight, height and physical activity level — just enter your physical profile and the program will return a personal guide to help you:



- 1 Choose foods** that offer you the most nutrition.
- 2 Vary your diet** with smart choices from each food group.
- 3 Learn** healthy serving sizes.
- 4 Control** your calories.
- 5 Manage your weight** through the amount of physical activity that's right for you based on your goals.

MyPyramid.gov is available in Spanish and offers kid-friendly games, pages to color and family activities for ages 6 to 11.

