

MyPyramid

...Your Guide to Good Health

Steps to a Healthier You – does that sound like the latest dance fitness craze?

It's actually the new food guide pyramid, designed to help you make choices for a healthier life!

You may think the food guide pyramid just shows how many servings from each food group you need each day. Not any more! MyPyramid, developed by the U.S. Department of Agriculture, outlines a personalized approach to healthy eating and physical activity. It shows the amount of food from each category that is right for you. It also includes general nutrition and fitness recommendations, such as:

- Make half the grains you eat each day whole grains.
- Vary your veggies by choosing plenty of dark, leafy greens, orange vegetables, and dry beans.
- Focus on eating a variety of fruits – fresh, frozen, canned or dried. And go easy on fruit juices.
- Choose low-fat or fat-free milk products to get your calcium;
- Go lean with your protein and strive for variety among meat, poultry, fish, beans, nuts, and seeds.
- Find a balance between food and physical activity. Get some exercise every day.
- Know the limits on fats, sugars and salt. MyPyramid shows you how to read and compare nutrition labels.

For your personal approach to healthy eating and living, log on to www.MyPyramid.gov.

You will find the steps to a healthier you.

You will feel good doing what is good for you!