



Grains _____ ounces	Vegetables _____ cup(s)	Fruits _____ cup(s)	Milk _____ cup(s)	Meat & Beans _____ ounces
<p><b>Make half your grains whole</b></p> <p>Aim for at least _____ ounces of whole grains a day</p>	<p><b>Vary your veggies</b></p> <p>Aim for these amounts <b>each week:</b></p> <p>Dark green veggies = _____ cup</p> <p>Orange Veggies = _____ cup</p> <p>Dry Beans &amp; Peas = _____ cup</p> <p>Starchy veggies = _____ cups</p> <p>Other Veggies = _____ cups</p>	<p><b>Focus on fruits</b></p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p><b>Get your calcium-rich foods</b></p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p><b>Go lean with protein</b></p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine-choose more fish, beans, peas, nuts, and seeds</p>

**Find your balance between food and physical activity**

Be physically active for at least \_\_\_\_\_ minutes most days of the week.

**Know your limits on fats, sugars, and sodium**

Your allowance for oils is \_\_\_\_\_ teaspoons a day.

Limit extras-solid fats and sugars to \_\_\_\_\_ calories a day.

**Your results are based on a \_\_\_\_\_ calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



Adapted from the USDA Center for Nutrition Policy and Promotion. (2005) MyPyramid Results Downloads. [http://www.mypyramid.gov/professionals/results\\_download.html](http://www.mypyramid.gov/professionals/results_download.html) (Accessed May 20, 2005)  
University of Florida IFAS Extension, Department of Family, Youth and Community Sciences, 2005, <http://fyics.ifas.ufl.edu/pyramid/index.htm> . Revised 2010.