



# Using MyPyramid in Your Life - Adults

MyPyramid will help you build an eating plan that works for you. You will find the right amount of foods to eat to meet your calorie needs and promote a healthy weight. Your eating plan will also give you the nutrients you need for good health!

## Step 1: Estimate Your Daily Calorie Needs

Use the **Estimated Daily Calorie Needs** chart to find a calorie level that's right for you. Find your gender and age. Then select the activity level that best describes your lifestyle (sedentary, moderately active, or active) - see definitions below.

The calorie levels in each gender and age group are based on persons of average height and at a healthy weight. If you are overweight, your calorie needs may be higher to maintain your weight. To lose weight, you can follow the calorie level in the chart, or higher, depending on your body weight. When losing weight, try to lose no more than 1 pound a week, and be sure that you are not hungry a lot of the time. You need to eat enough to get the nutrients you need!



## ESTIMATED DAILY CALORIE NEEDS

This chart gives an **estimate** of calorie needs for specific age and gender groups.  
Calorie ranges are based on physical activity level, from sedentary to active.

- - - - - CALORIES - - - - -			
Activity Level:	Sedentary	Moderate	Active
<b>Females</b>			
19-30 years	2,000	2,200	2,400
31-50 years	1,800	2,000	2,200
51-60 years	1,600	1,800	2,200
61+ years	1,600	1,800	2,000
<b>Males</b>			
19-30 years	2,400	2,600	3,000
31-50 years	2,200	2,400	2,800
51+ years	2,000	2,200	2,600

**Sedentary** - less than 30 minutes a day of moderate physical activity in addition to daily activities

**Moderate** - at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities

**Active** - 60 or more minutes a day of moderate physical activity in addition to daily activities.

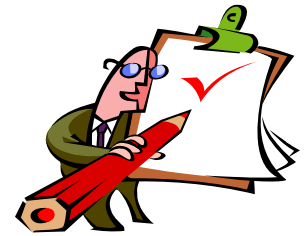


My Estimated Daily Calorie Needs are \_\_\_\_\_ calories. This calorie level is right for a person of average height, who is at a healthy weight.

The calorie level I want to aim for in my eating plan is \_\_\_\_\_ calories. (Use this number to build your eating plan, using the chart on the next page.)

## Step 2: Build Your Eating Plan

Find your calorie level at the top of the **My Eating Plan** chart. Follow the column below your calorie level to see how much food to eat from each of the food groups. There are tips for each food group below the chart. Select foods that you enjoy and that fit your lifestyle!



NOTE: oz-eq means ounce-equivalent; see the Grains and Meat and Beans groups below to understand how



My Eating Plan									
Calorie Level	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
<b>Fruits</b>	1½ cups	1½ cups	2 cups	2 cups	2 cups	2 cups	2½ cups	2½ cups	2½ cups
<b>Vegetables</b>	2 cups	2½ cups	2½ cups	3 cups	3 cups	3½ cups	3½ cups	4 cups	4 cups
<b>Grains</b>	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
<b>Meat and Beans</b>	5 oz-eq	5 oz-eq	5½ oz-eq	6 oz-eq	6½ oz-eq	6½ oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
<b>Milk</b>	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
<b>Oils</b>	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp

these work.

**Fruit Group** includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit is considered 1 cup from this group.



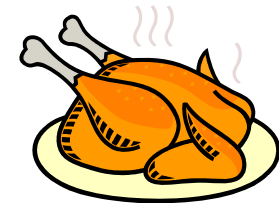
**Vegetable Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

**Grains Group** includes all foods made from wheat, rice, oats, cornmeal, or barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or  $\frac{1}{2}$  cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from this group. At least half of all grains eaten should be whole grains.



**Milk Group** includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Make most milk group choices fat-free or low-fat. In general, 1 cup of milk or yogurt,  $1\frac{1}{2}$  ounces of natural cheese, or 2 ounces of processed cheese is considered as 1 cup from this group.

**Meat & Beans Group:** In general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 tablespoon peanut butter,  $\frac{1}{4}$  cup cooked dry beans, or  $\frac{1}{2}$  ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.



**Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.