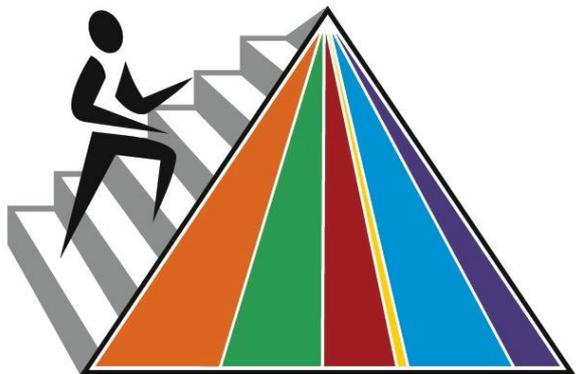




MyPyramid

USDA's New Food Guidance System



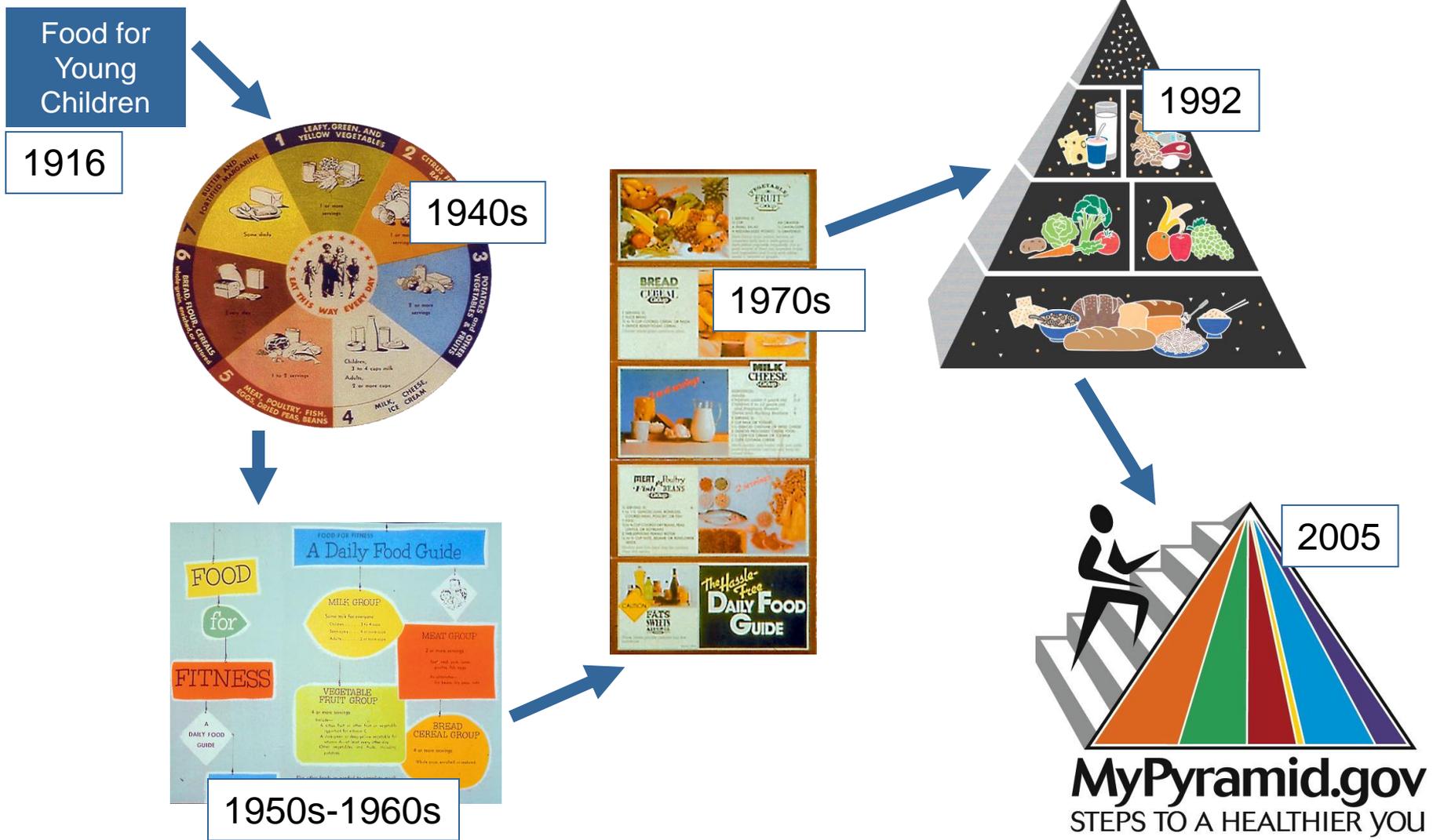
MyPyramid.gov
STEPS TO A HEALTHIER YOU

United States Department of Agriculture
Center for Nutrition Policy & Promotion



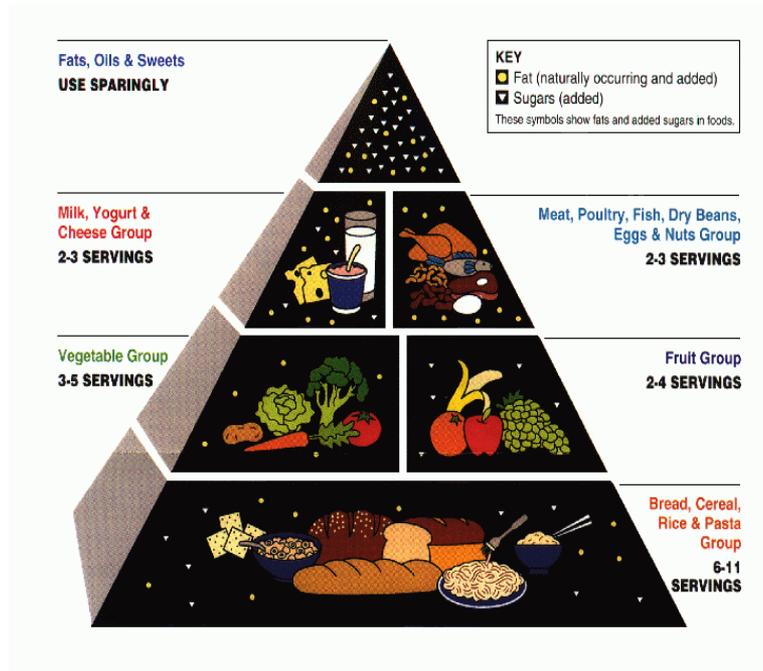


History of USDA's Food Guidance



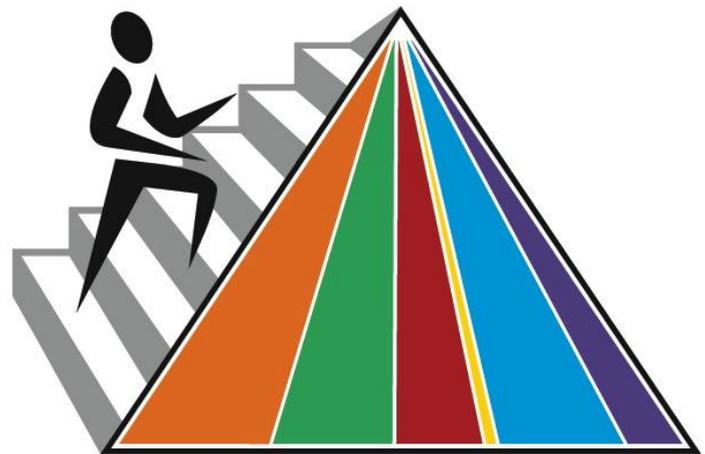


--1992-- Food Guide Pyramid





--2005-- MyPyramid



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Reasons for Revising— Updating the Science

- To ensure that the guidance reflects the latest nutrition science
 - New nutrient standards—DRI
 - New Dietary Guidelines
 - Food consumption and composition data
- 

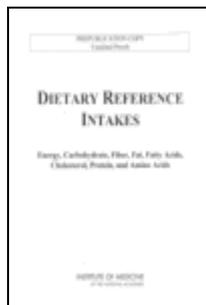
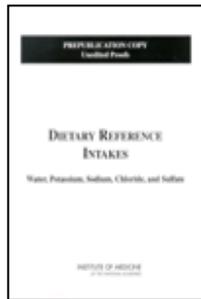


Reasons for Revising— Improving Implementation

- To improve the Pyramid's effectiveness with consumers
 - Motivational tools—new graphic and slogan
 - Educational tools—education framework, consumer messages, website, and interactive tools

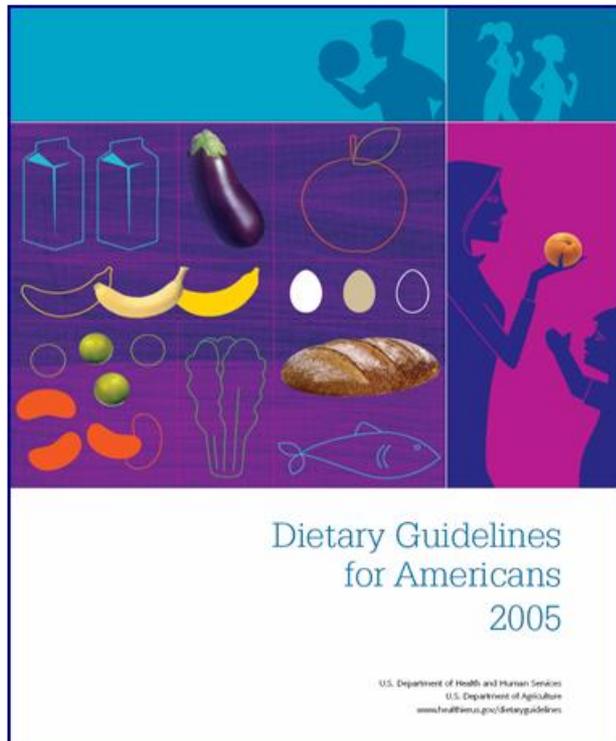


Dietary Reference Intakes (DRIs)

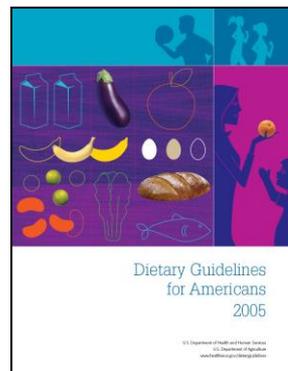
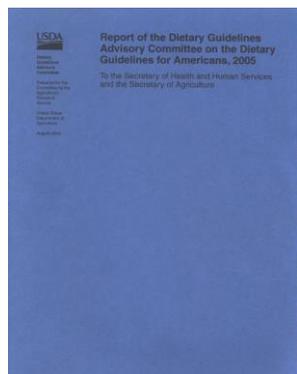
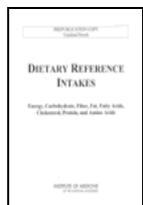
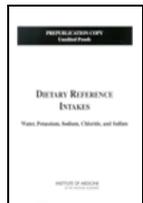


- National Academy of Sciences, Institute of Medicine
- Recommended intake levels for vitamins, minerals, and macronutrients
- Current recommendations issued from 1997-2004

Dietary Guidelines for Americans, 2005

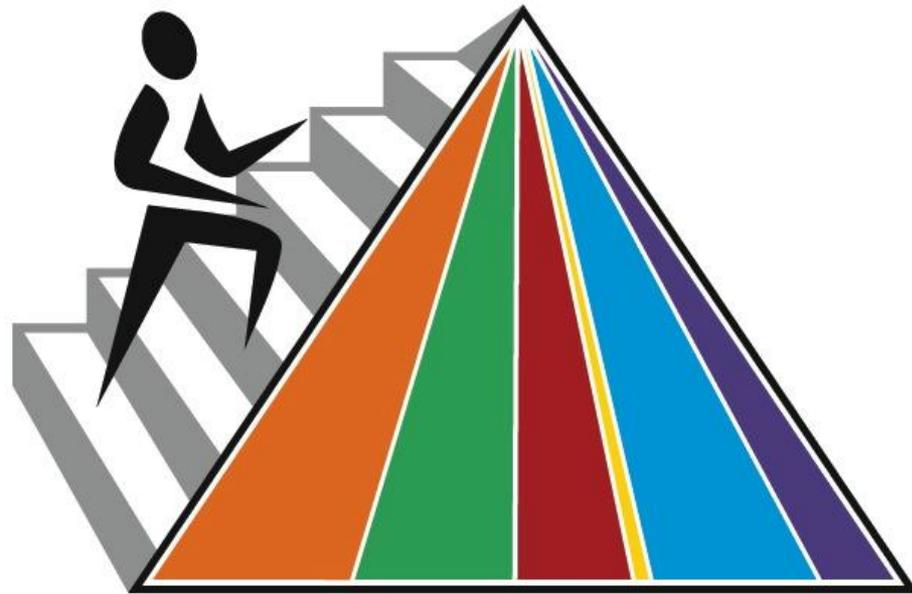


- Dietary recommendations for health promotion and chronic disease prevention
- Based on Dietary Guidelines Advisory Committee report, public comments
- For policymakers, health professionals



Nutrition Facts		
Serving Size 1/2 cup (114g)		
Servings Per Container 4		
Amount Per Serving		
Calories 90	Calories from Fat 30	
% Daily Value*		
Total Fat 3g		5%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 300mg		12%
Total Carbohydrate 13g		4%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 3g		
Vitamin A 60%	Vitamin C 60%	
Calcium 4%	Iron 4%	
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000
	Calories	2,500
Total Fat	Less than 50g	50g
Sat Fat	Less than 10g	10g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		



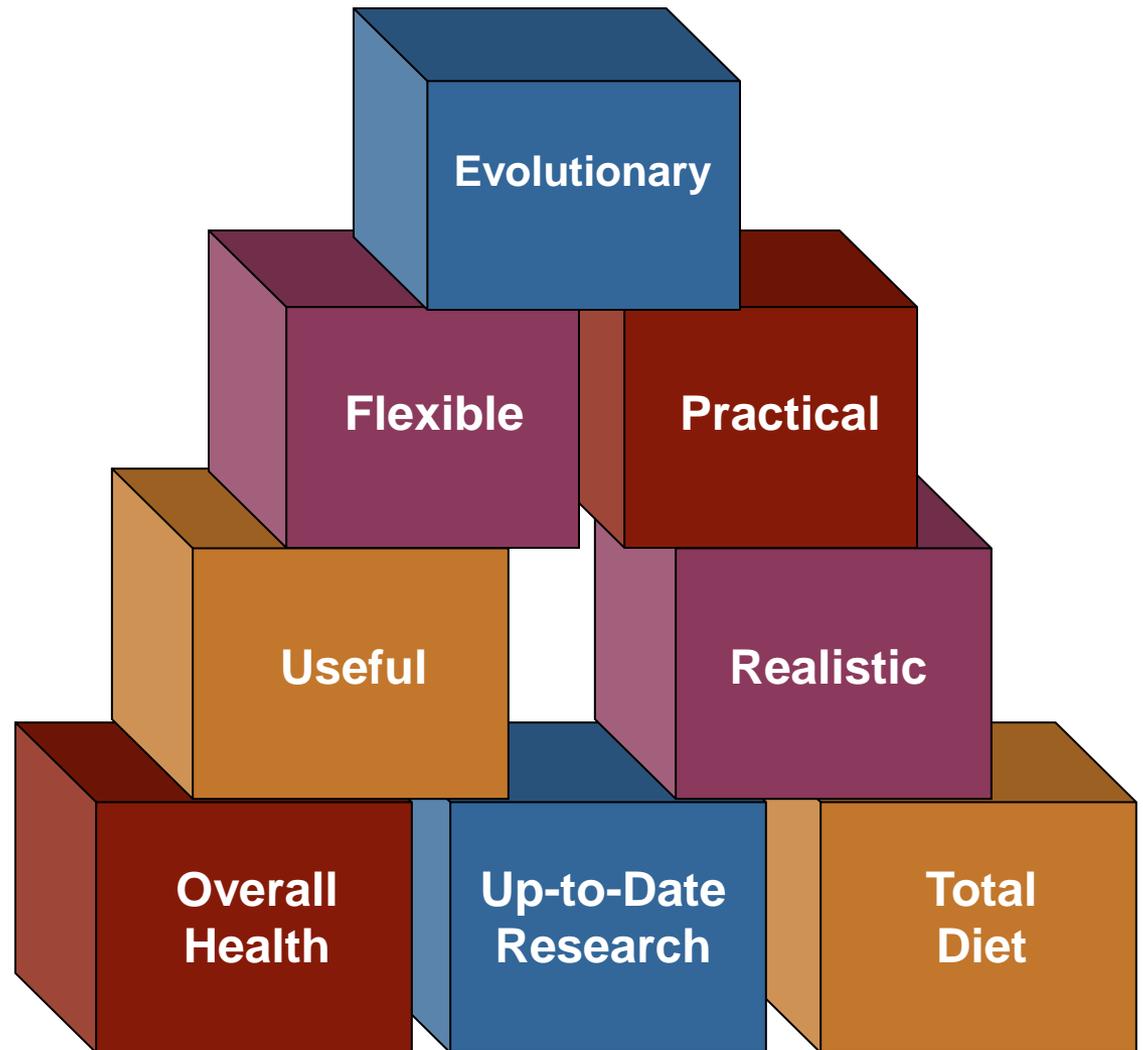


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STEPS TO A HEALTHIER YOU





Guiding Principles— Unchanged





Stages in Development

Science base developed—2001 to 2004

- Technical analysis process to establish the food intake patterns—“what and how much to eat”
- Completed in concert with development of the 2005 Dietary Guidelines

Consumer presentation developed—2004 to 2005

- Food guidance system includes motivational and educational tools
 - Messages and materials for consumers and professionals
- 



Developing MyPyramid Food Intake Patterns



Developing Food Intake Patterns

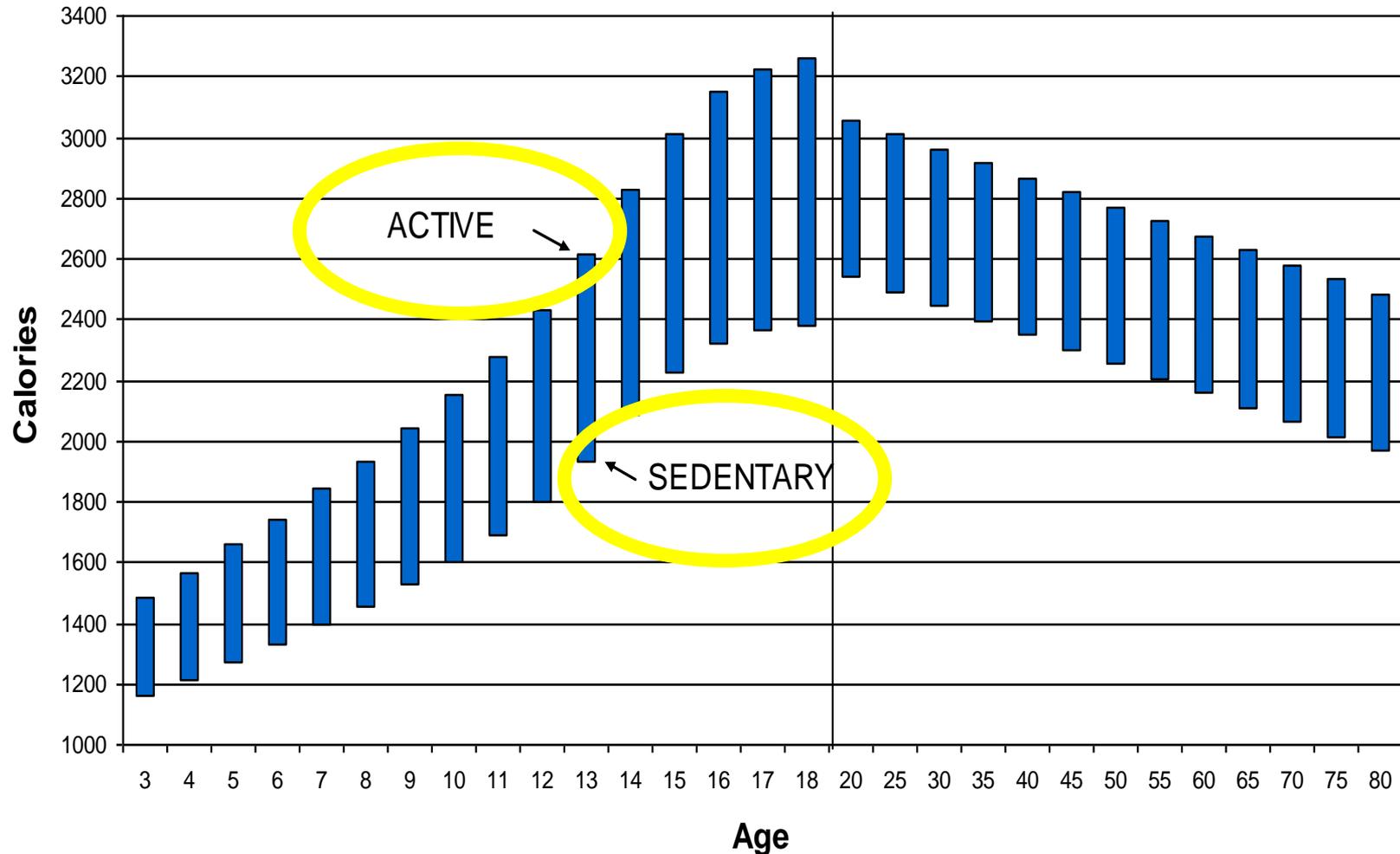
1. Determine calorie needs
2. Set nutrient goals
3. Calculate nutrient profiles for each food group, based on
 - Nutrient content of foods in group
 - Food consumption
4. Construct food patterns that meet goals





Determine Calorie Needs

Estimated Energy Requirements for males*



*From the National Academy of Sciences, Institute of Medicine Dietary Reference Intakes Macronutrient Report



Set Nutrient Goals

What level of nutrients should each food intake pattern strive for?

- Goals based on Dietary Reference Intakes* and/or Dietary Guidelines standards for
 - 9 Vitamins
 - 8 Minerals
 - 8 Macronutrients (protein, carbohydrates, fats)
- Separate nutrient goals set for each age/sex group based on their needs

*From the National Academy of Sciences Institute of Medicine





Calculate Nutrient Profiles

Determine amount of a nutrient each food group provides

For example: What is the vitamin A content of a typical dark green vegetable?



Cooked Spinach
943 μg per cup

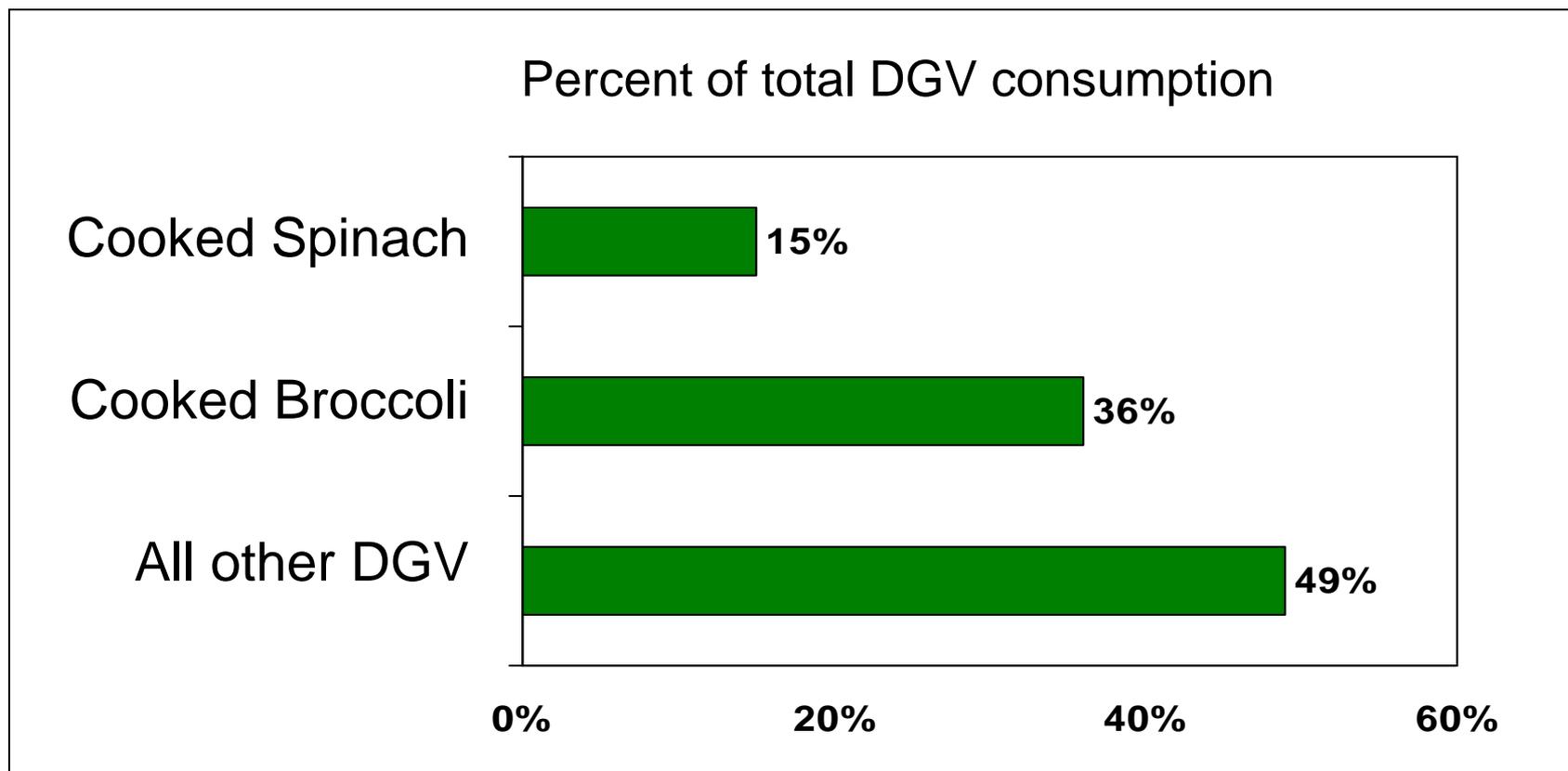


Cooked Broccoli
153 μg per cup



Nutrient Profiles

How much of each dark green vegetable (DGV) is consumed?





Nutrient Profiles

Calculate weighted average of vitamin A in DGV

			Result
$(943 \times .15)$	$+ (153 \times .36)$	$+ \dots + \dots, \text{etc.}$	$= 334 \mu\text{g}/\text{cup}$
Spinach	Broccoli	Other DGV	





Nutrient Profiles

- A profile is calculated for all nutrients in each food group and subgroup.
- Calculations are based on “nutrient dense forms” of each food—lean or lowfat, with no added sugar

$$\text{Nutrient profile of food group} = \text{Sum} \left[\begin{array}{cc} \text{Nutrient contribution of each food} & \times & \text{Likelihood of each food being eaten} \end{array} \right]_n$$



Construct Food Intake Patterns

- Establish initial amount from each food group
 - Compare resulting nutrient content to nutritional goals
 - Change amounts from food groups stepwise
 - Identify groups or subgroups that are the most feasible nutrient sources
 - Check amounts recommended against typical consumption
 - Remaining calories after nutrient needs were met were identified as “discretionary calories”
- 



Discretionary Calories

*A new concept first described by the
2005 Dietary Guidelines Advisory Committee*

$$\text{Discretionary calories} = \text{Total estimated energy requirement} - \text{Essential calories}^*$$

*Essential calories are the calories needed to meet nutrient requirements when consuming foods in lean, low-fat, and no-added-sugar forms.



Discretionary Calories

May be used to:

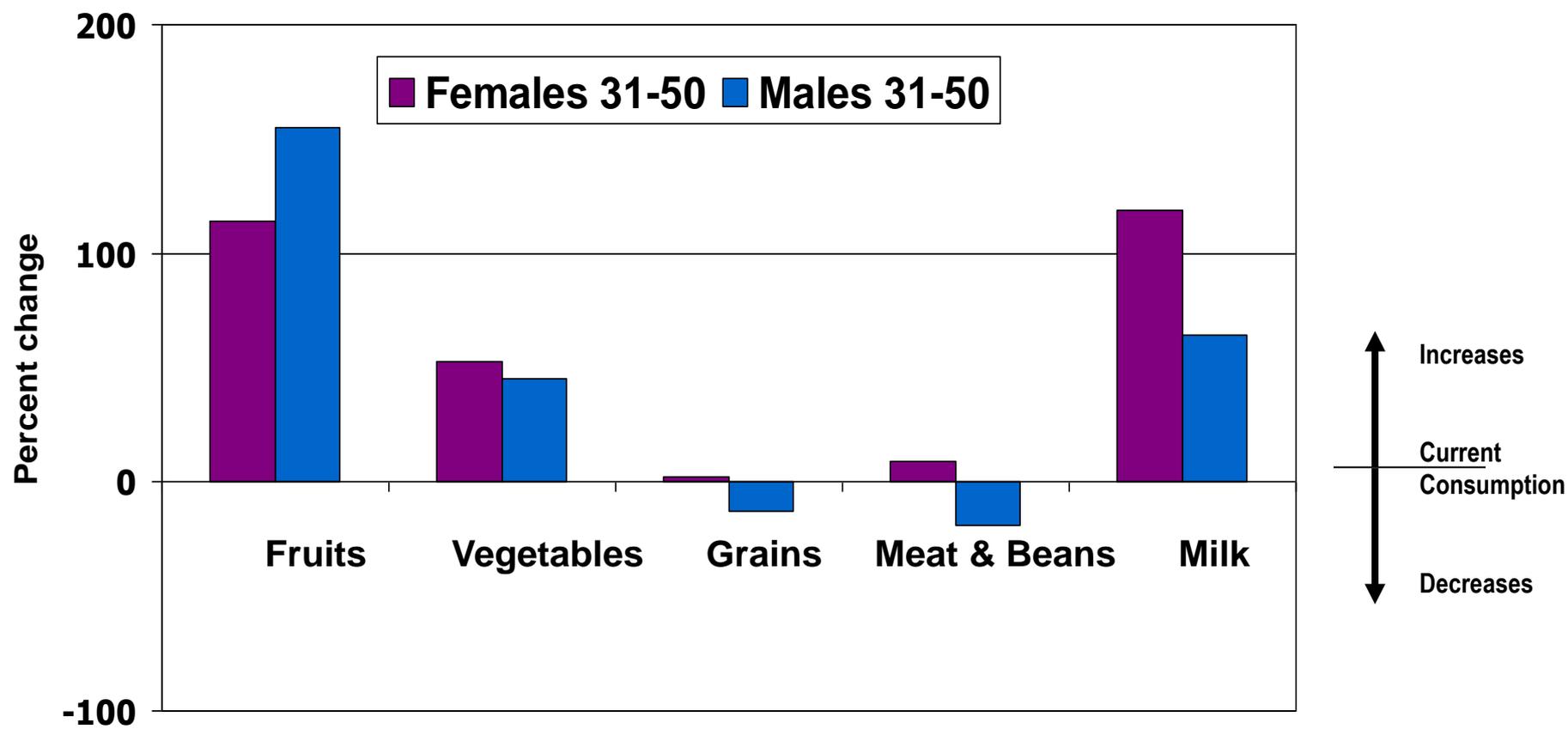
- Increase amount of food selected from a food group
 - Consume foods that are not in the lowest fat form—such as 2% milk or medium-fat meat or items that contain added sugars
 - Add oil, fat, or sugar to foods
 - Consume alcohol (for those who consume alcohol)
- 



MyPyramid

Recommendations Compared to Consumption

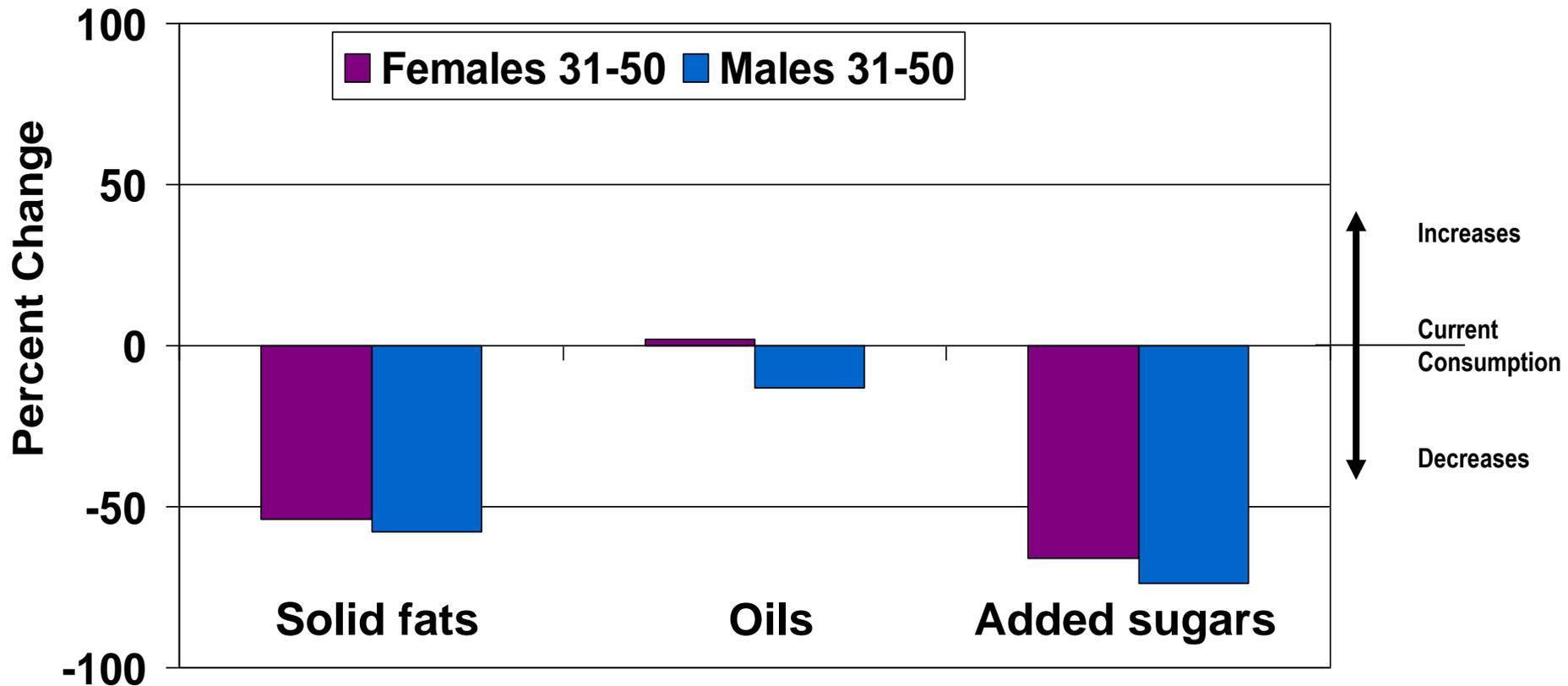
Bars show percent change needed in consumption to meet recommendations





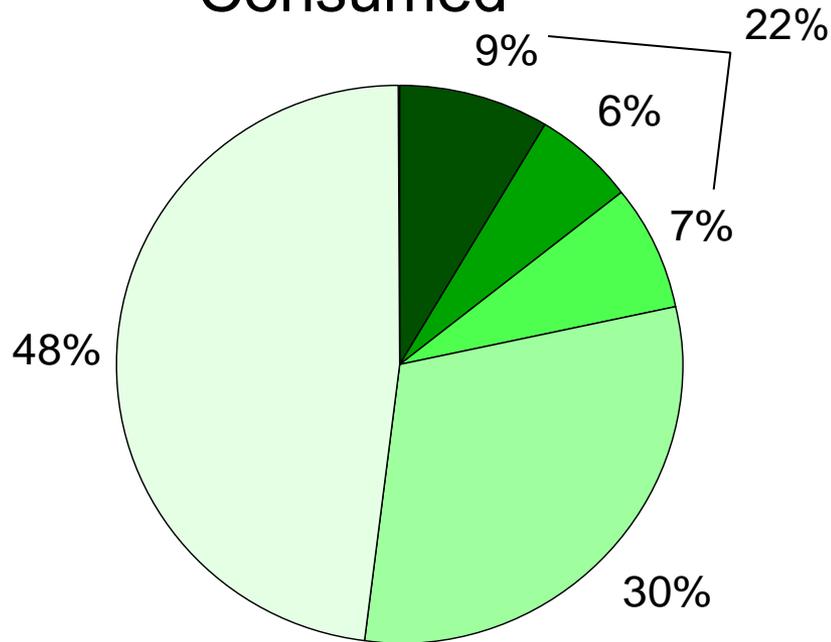
Fat, Oil & Added Sugars Allowances Compared to Consumption

Bars show percent change needed in consumption to meet recommendations

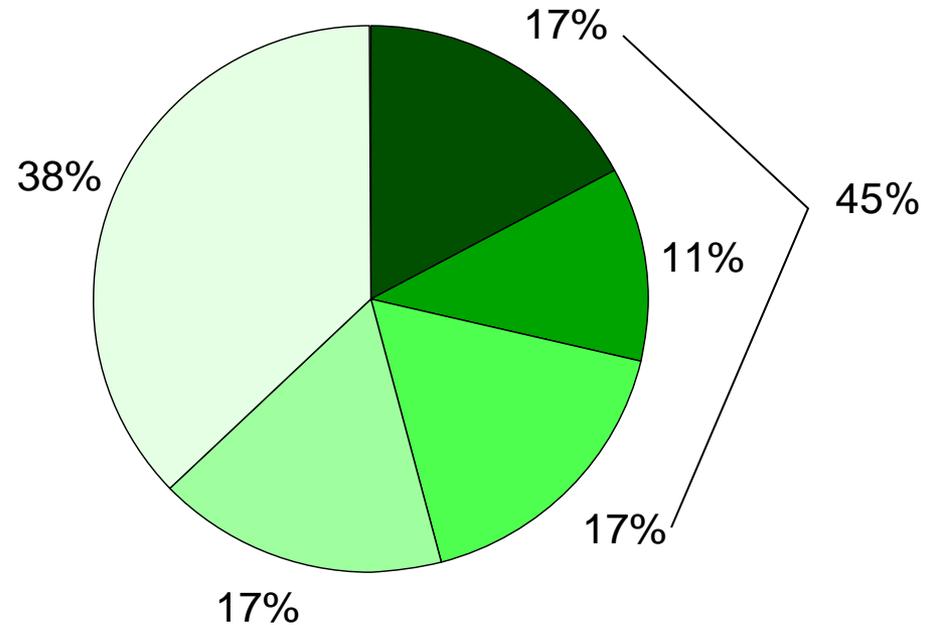


Vegetable Recommendations Compared to Consumption

Consumed*



Recommended*



Dark Green Vegetables

Legumes

Starchy Vegetables

Orange Vegetables

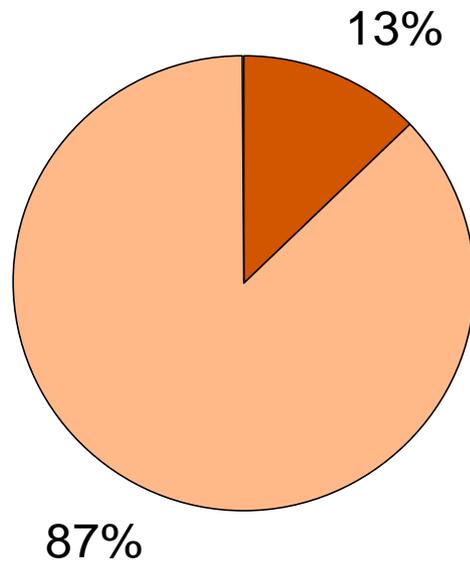
Other Vegetables

*Females 31-50

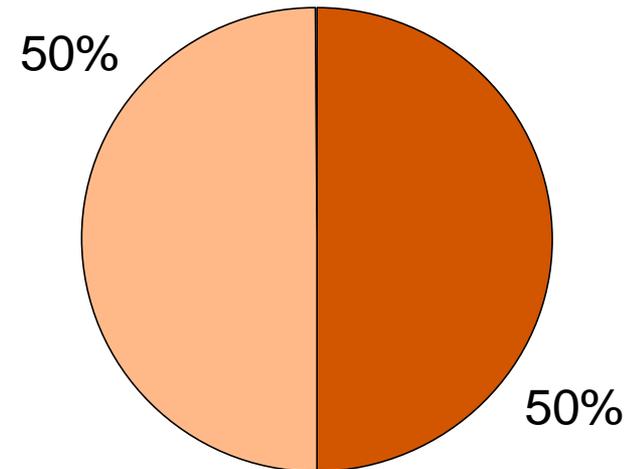


Grain Recommendations Compared to Consumption

Consumed*



Recommended*



 Whole Grains

 Refined Grains

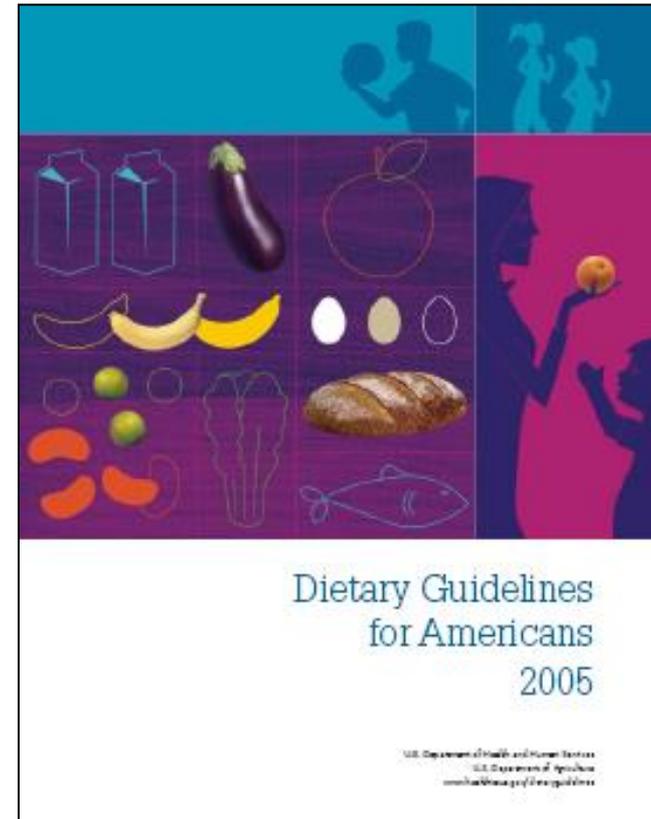
*Females 31-50



Food Intake Patterns

Completed in concert with development of Dietary Guidelines

- Published in 2005
Dietary Guidelines
- 12 patterns—ranging from 1000 to 3200 calories—to meet varied needs.



www.healthierus.gov/dietaryguidelines



Developing MyPyramid Consumer Presentation

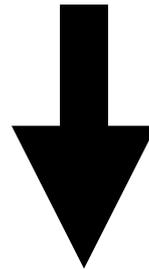


Developing MyPyramid's Consumer Presentation

- Systems approach for communications
 - Input from stakeholders
 - Consumer research
 - Understanding of messages
 - Appeal of potential designs/messages
 - Development of materials
- 



~~Servings~~



Daily Amounts
in cups or ounces





Consumer Research

Graphic and Slogan Development

- Several rounds of qualitative testing
- Explored consumer reactions and appeal of images
- Tested a variety of graphic images
- Consumers preferred a pyramid-like shape
- Slogans and key messages also tested





Final Graphic Design

Activity

Proportionality

Moderation

Variety

Personalization

Gradual
Improvement



MyPyramid.gov
STEPS TO A HEALTHIER YOU



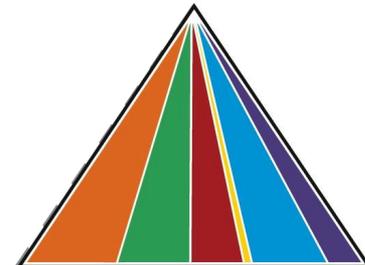
Message: *Variety*

In the Dietary Guidelines:

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups.

In MyPyramid graphic:

- Color bands represent that all food groups are needed each day for health.





Food Groups are Color Coded





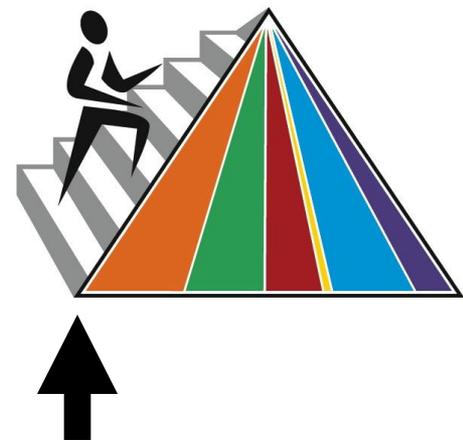
Message: *Proportionality*

In the Dietary Guidelines:

- Adopt a balanced eating pattern.
 - Sufficient amount of fruits and vegetables,
 - 3 or more ounce equivalents of whole-grain products per day
 - 3 cup equivalents per day of fat-free or low-fat milk or milk products.

In MyPyramid graphic:

- Differing widths of the color bands suggest about how much food should be eaten from each group.





Message: *Moderation*

In the Dietary Guidelines:

- Limit intake of saturated and *trans* fats, and choose products low in these fats.
- Make choices of meat, poultry, dry beans, and milk products that are lean, low-fat, or fat-free.
- Choose and prepare foods and beverages with little added sugars or calorie sweeteners.

In MyPyramid graphic:

- Food group bands narrow from bottom to top suggesting to eat nutrient-dense forms of foods.





Message: *Physical Activity*

In the Dietary Guidelines:

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

In MyPyramid graphic:

- Steps and person on them symbolize that physical activity should be a part of everyday healthy living.





Additional Messages in the MyPyramid Graphic

To foster implementation

Personalization:

- The name “MyPyramid” suggests an individual approach.
- The person climbing the steps mentally links each viewer to the image.



Gradual Improvement:

- The slogan “Steps to a Healthier You” suggests that improvement should happen in stages, over time.



Mix up your choices within each food group.



Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and ¼ cup of dried apricots or peaches).



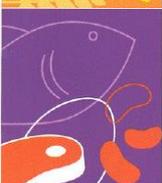
Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweetpotatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.



Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.



Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.



Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Key food group messages from the Dietary Guidelines and MyPyramid:

Focus on fruits.

Vary your veggies.

Get your calcium-rich foods.

Make half your grains whole.

Go lean with protein.

Know the limits on fats, salt, and sugars.



Using MyPyramid Consumer Materials



Consumer materials

Graphic image and slogan

Poster

Mini Poster

Website: MyPyramid.gov

MyPyramid Plan

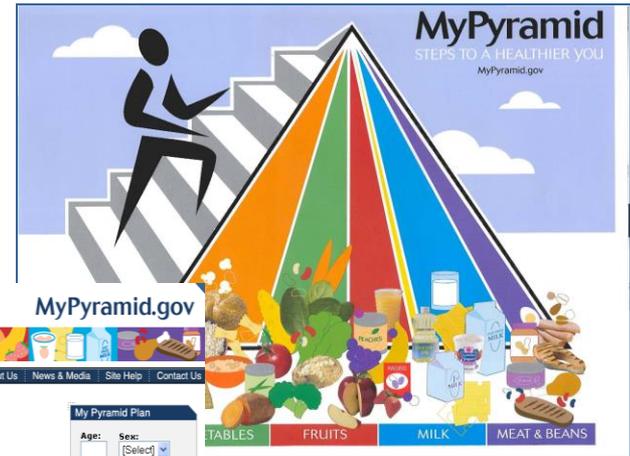
MyPyramid Tracker

Inside MyPyramid

In development:

Kids materials

Spanish version



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Subjects

- > My Pyramid Plan
- > Inside the Pyramid
- > Tips & Resources
- > Dietary Guidelines
- > For Professionals
- > Related Links
- > My Pyramid Tracker

Steps to a Healthier You

One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

- Make smart choices from every food group.
- Find your balance between food and physical activity, and
- Get the most nutrition out of your calories.

Spotlights

Tour MyPyramid
Take a tour of the new pyramid in this animated feature.

Mini-Poster Download
View and download the MyPyramid mini-poster to learn the basics about eating healthy and physical activity. [PDF - You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF file.]

Inside The Pyramid
Explore the pyramid to learn about the food groups and to see how much physical activity you should be getting.

Tips & Resources
Learn how to make MyPyramid work for you. Find a wealth of ideas that can help you get started toward a healthy diet. There are tips for each food group, physical activity, eating out, a sample menu, and more....

My Pyramid Plan

Age: Sex:

Physical Activity: Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select] [SUBMIT]

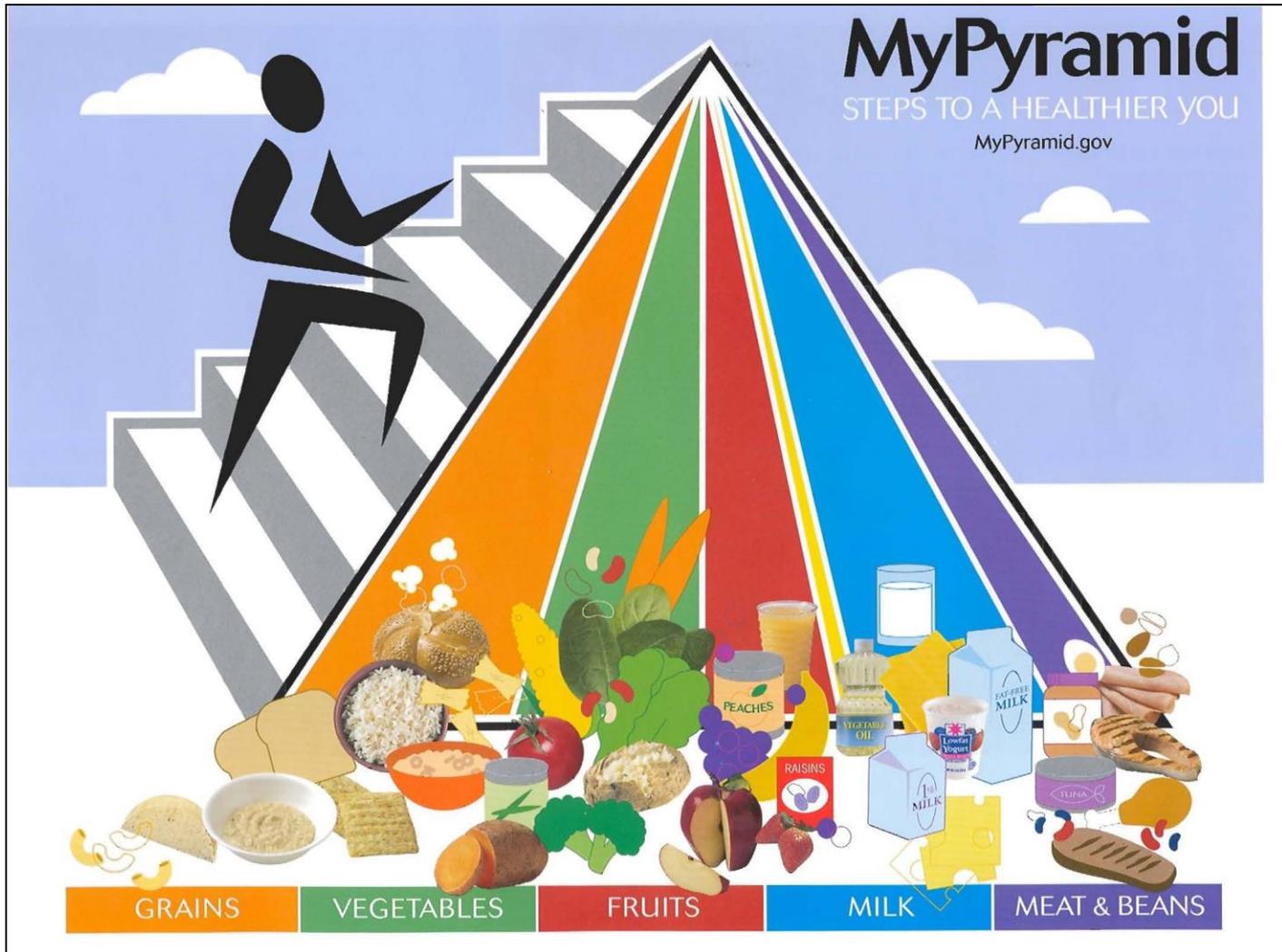
My Pyramid Tracker
Go here for an in-depth assessment of your diet quality and physical activity status.

Tip of the Week
Father's Day is around the corner. Keep the meat you grill lean by choosing such things as round steaks, pork tenderloin, extra lean ground beef for hamburgers, and skinless chicken parts.

For Professionals
Resources and information for use in developing education materials and to assist in understanding Federal food guidance.

TABLETS FRUITS MILK MEAT & BEANS

Print materials: *Mini Poster*



Print materials: *Mini Poster*

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein										
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>										
<p>For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.</p>					<p>Eat 6 oz. every day</p>	<p>Eat 2 1/2 cups every day</p>	<p>Eat 2 cups every day</p>	<p>Get 3 cups every day; for kids aged 2 to 8, it's 2</p>	<p>Eat 5 1/2 oz. every day</p>	<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or most days. 		<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, <i>trans</i> fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 		
<p>Eat 6 oz. every day</p>	<p>Eat 2 1/2 cups every day</p>	<p>Eat 2 cups every day</p>	<p>Get 3 cups every day; for kids aged 2 to 8, it's 2</p>	<p>Eat 5 1/2 oz. every day</p>										
<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or most days. 		<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, <i>trans</i> fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients. 												



U.S. Department of Agriculture
 Center for Nutrition Policy and Promotion
 April 2005
 CNPP-15



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MyPyramid.gov

STEPS TO A HEALTHIER YOU

One size doesn't fit all. MyPyramid offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you:

- ▶ Make smart choices from every food group.
- ▶ Find your balance between food and physical activity.
- ▶ Get the most nutrition out of your calories.
- ▶ Stay within your daily calorie needs.

MyPyramid food plans are designed for the general public ages 2 and over; they are not therapeutic diets. Those with a specific health condition should consult with a health care provider for a dietary plan that is right for them.

Spotlights



MyPyramid PodCasts

The MyPyramid video podcasts show how taking small steps can add up to real changes in your weight and health.



[Click here](#) to see a new public service announcement (PSA) series about MyPyramid.

NEW

MyPyramid Menu Planner

Plan food choices to meet your MyPyramid goals.

MyPyramid Plan

Get a quick estimate of what and how much you need to eat.

MyPyramid Tracker

An in-depth assessment of your diet quality and physical activity status.

MyPyramid for Pregnancy and Breastfeeding



MyPyramid For Kids

Click here to play **MyPyramid Blast Off**

an interactive computer game for children 6 to 11 years old.





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MyPyramid Plan

Want to know the amount of each food group you need daily? Enter your information below to find out and receive a customized food guide.



Age:

Sex:

Weight: pounds (optional)

Height: inches (optional)

Plans for children 2-8 are based on an average height and weight for their age and gender.

Physical Activity:

Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

SUBMIT



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My Pyramid Plan

Based on the information you provided and the average needs for your age, gender and physical activity [Age: 54, Sex: male, Physical Activity: More than 60 minutes] your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 2800 calorie pattern*.

▶ Grains *	10 ounces	tips
▶ Vegetables **	3.5 cups	tips
▶ Fruits	2.5 cups	tips
▶ Milk	3 cups	tips
▶ Meat & Beans	7 ounces	tips

Click the food groups above to learn more.

* Make Half Your Grains Whole

Aim for at least 5 whole grains a day

** Vary Your Vegetables

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly
 Orange Vegetables = 2 1/2 cups weekly
 Dry Beans & Peas = 3 1/2 cups weekly
 Starchy Vegetables = 7 cups weekly
 Other Vegetables = 8 1/2 cups weekly

Oils & Discretionary Calories

Aim for 8 teaspoons of oils a day

Limit your extras (extra fats & sugars) to 374 Calories



View, Print & Learn More:

- ▶ Click here to view and print a PDF version of **your results**.
- ▶ Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.
- ▶ For more detailed assessment of your diet quality and physical activity go to the **My Pyramid Tracker**.

You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF files.

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



MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write In Your Choices for Today	Food Group	Tip	Goal	List each food choice in its food group*	Estimate Your Total
_____	GRAINS 	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup rice or pasta)	_____	_____ ounce equivalents
_____	VEGETABLES 	Try to have vegetables from several subgroups each day	2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____	_____ cups
_____	FRUITS 	Make most choices fruit, not juice	2 cups	_____	_____ cups
_____	MILK 	Choose fat-free or low fat most often	3 cups (1 ½ ounces cheese = 1 cup milk)	_____	_____ cups
_____	MEAT & BEANS 	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 ½ ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T. peanut butter, ½ ounce nuts, ¼ cup dry beans or peas)	_____	_____ ounce equivalents
_____	PHYSICAL ACTIVITY 	Build more physical activity into your daily routine at home and work.	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	_____ minutes

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____



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Inside the Pyramid

Grains

Make half your grains whole



- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day.
- Look for "whole" before the grain name on the list of ingredients.

[Learn more >>](#)

Related Topics

- [Grains](#)
- [Vegetables](#)
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- [Milk](#)
- [Meat & Beans](#)
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For Professionals

The MyPyramid Web site provides information specifically for professionals, in addition to the content for consumers.

Related Topics

- [Graphics Resources](#)



Getting Started

USDA has released the MyPyramid food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. This guide will help you navigate through the new MyPyramid system to educate consumers. [PDF]



Anatomy of MyPyramid describes how the symbol can be used to teach MyPyramid's key concepts. [PDF] [TEXT]

Education framework that provides key concepts of the MyPyramid food guidance system. These key concepts are not intended as direct consumer messages, but rather as a framework of ideas from which professionals can develop consumer messages and materials. [PDF] [TEXT]

MyPyramid Food Intake Patterns that identify what and how much food an individual should eat for health. The amounts to eat are based on a person's age, sex, and activity level. [PDF] [TEXT]

Food Intake Pattern Calorie Levels that identify the calorie level assigned to an individual in the MyPyramid Plan, based on their sex, age, and activity level. [PDF] [TEXT]

Sample menu at 2000 calorie level that gives one example of how all of the recommendations for food group and nutrient intake can be integrated into a weekly menu. [PDF]



Downloadable print materials for consumers

- [Mini Poster](#) [PDF]
- [MyPyramid Results Downloads](#)
- [Food Tracking Worksheet](#)

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the above PDF files.



MyPyramid Tracker

A tool for those desiring a more advanced analysis of their food intake and physical activity



MyPyramid Tracker

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity. MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523. The time required to complete this information collection is estimated to average 1.5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Assessment



Assess Your Food Intake

The online dietary assessment provides information on your diet quality, related nutrition messages, and links to nutrient information. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance. To give you a better understanding of your diet over time, you can track what you eat up to a year.



Assess Your Physical Activity

The physical activity assessment evaluates your physical activity status and provides related energy expenditure information and educational messages. After providing a day's worth of physical activity information, you will receive an overall "score" for your physical activities that looks at the types and duration of each physical activity you did and then compares this score to the physical activity recommendation for health. A score over several days or up to a year gives a better picture of your physical activity lifestyle over time.

Access



Login



New User Registration Profile

Welcome! To use MyPyramid Tracker, complete the information below to create a MyPyramid Tracker account. Your email address is optional and will be used only for sending your password hint should you request it. If you forget your password and do not supply an email address, you will need to create a new account. All other fields are required information. Any information you provide will not be shared with anyone. Click [here](#) to see how your personal information is stored.

User ID (6-20 characters; required):

Password (4-10 characters; required):

Confirm Password (required):

Password Hint (optional):

Email (optional):

Confirm Email (optional):

Zip Code (optional):

Submit

Note: A red asterisk (*) will automatically appear next to fields containing invalid input. For more detailed error information, press the Submit button when one or more fields are marked.



Home

Information

Update Profile

Food Intake
Entry

Analyze Your
Food Intake

Diet & Health
Information

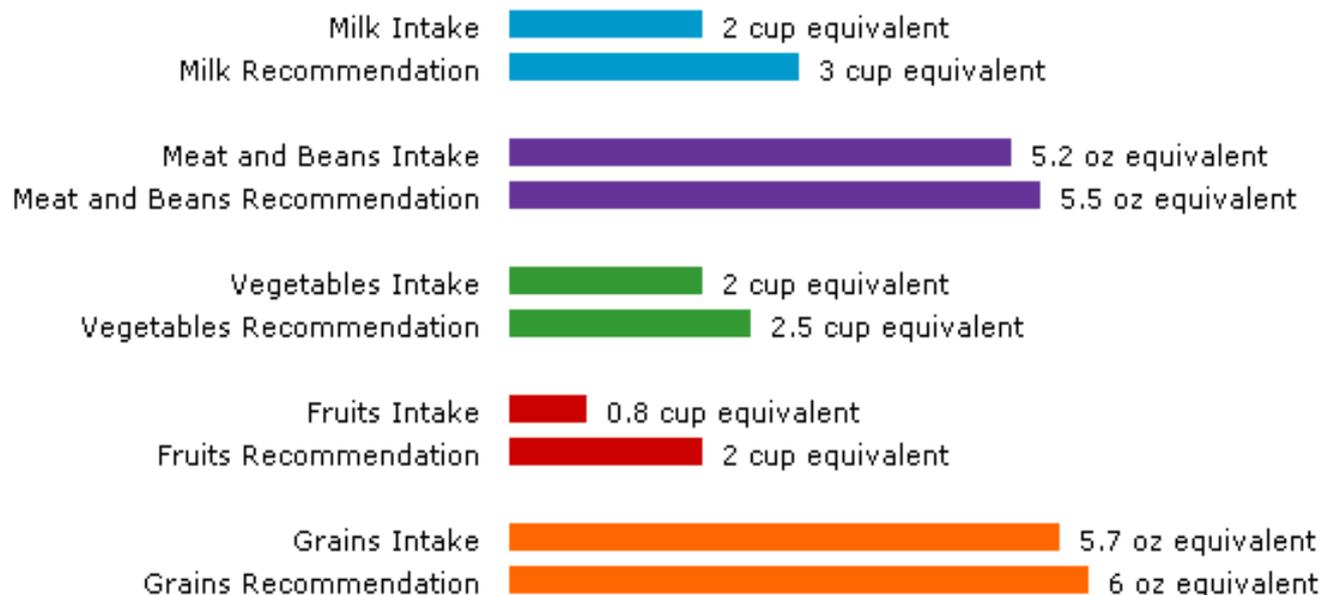
Physical Activity
Entry

Energy Balance

Center for Nutrition
Policy & Promotion

Comparison of Your Intake with MyPyramid Recommendations for **JohnDoe**

Your Pyramid Stats



The 2005 Dietary Guidelines (DG) Recommendations for **JohnDoe** on 4/11/2005

Click directly on the 😊 😞 😡 emoticon (face) for more detailed dietary information.

Dietary Guidelines Recommendations	Emoticon	Number of cup/oz. Equ. Eaten	Number of cup/oz. Equ. Recommended
Grain	😊	5.7 oz equivalent	6 oz equivalent
Vegetable	😊	2 cup equivalent	2.5 cup equivalent
Fruit	😡	0.8 cup equivalent	2 cup equivalent
Milk	😞	2 cup equivalent	3 cup equivalent
Meat and Beans	😊	5.2 oz equivalent	5.5 oz equivalent

Dietary Guidelines Recommendations	Emoticon	Amount Eaten	Recommendation or Goal
Total Fat	😡	45.9% of total calories	20% to 35%
Saturated Fat	😡	14.6% of total calories	less than 10%
Cholesterol	😊	258 mg	less than 300 mg
Sodium	😡	7406 mg	less than 2300 mg
Oils	*	*	*
Discretionary calories (solid fats, added sugars, and alcohol)	*	*	*

Caloric Intake and Expenditure Summary

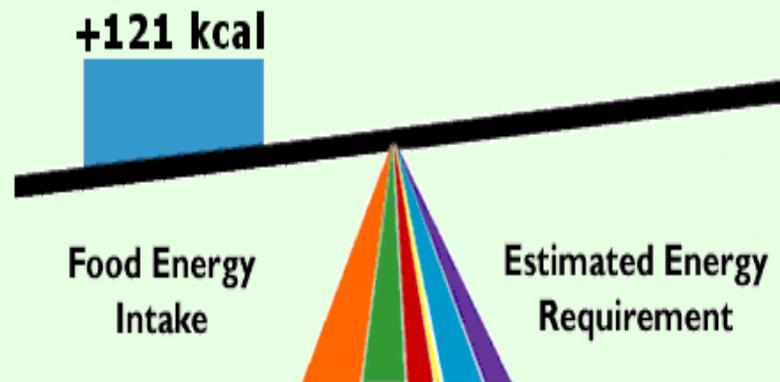
Click directly on the numbers in the table for more detailed information.

Total Food Energy Intake	2376
Percent of Estimated Energy Requirement	105%

Estimated Energy Requirement (EER)	2255
Percent of Calories Expended from Physical Activity	10%

Your reported food energy intake is higher than your Estimated Energy Requirement for the day. An increase of 100 to 200 calories per day over time may result in some gradual weight gain.

**If you consume 100 calories more a day than you need, you could gain about 10 pounds per year. At 200 calories more a day, this will double the weight gained to 20 pounds per year.



[View Nutrient Intake Results](#)

[View Physical Activity Results](#)

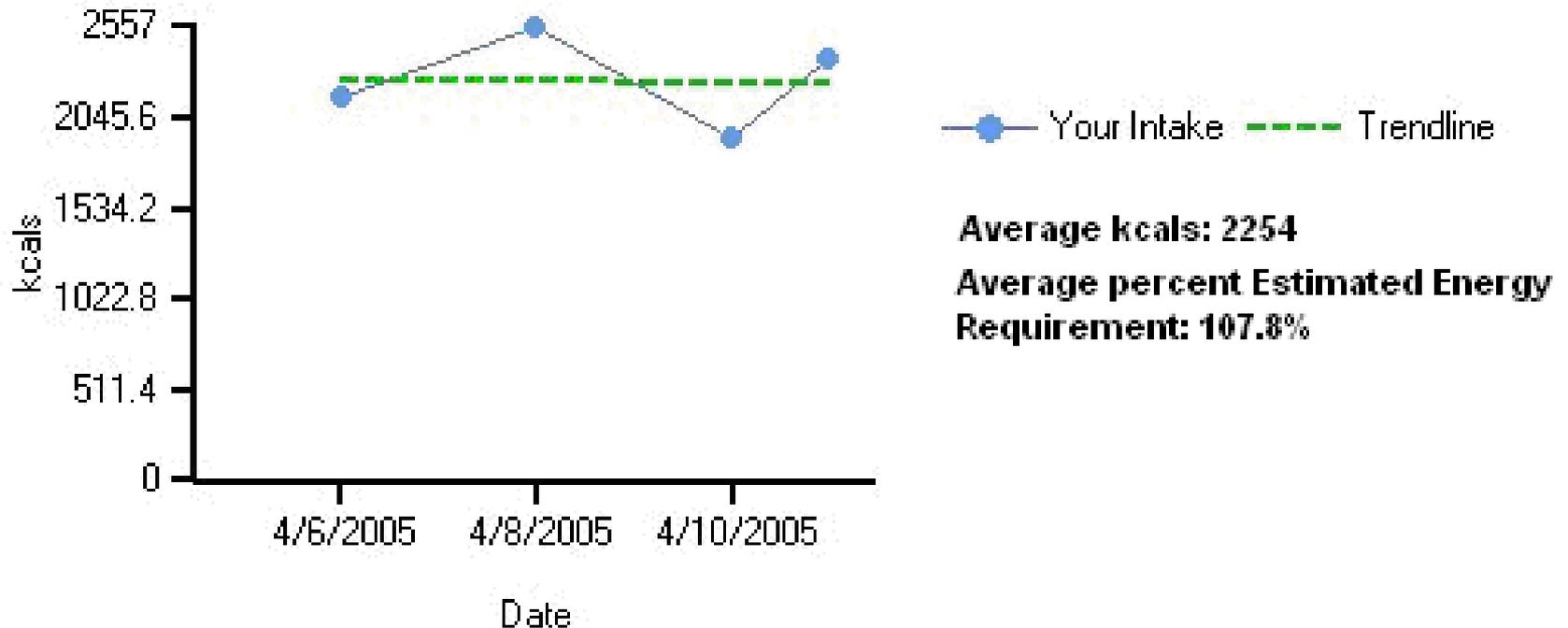
[Back](#)



Healthy Eating History

FOOD ENERGY Intake History for JohnDoe

View History for: [1 day](#) | [1 week](#) | [1 month](#) | [3 months](#) | [6 months](#) | [1 year](#)





Adapting MyPyramid

The professionals' role

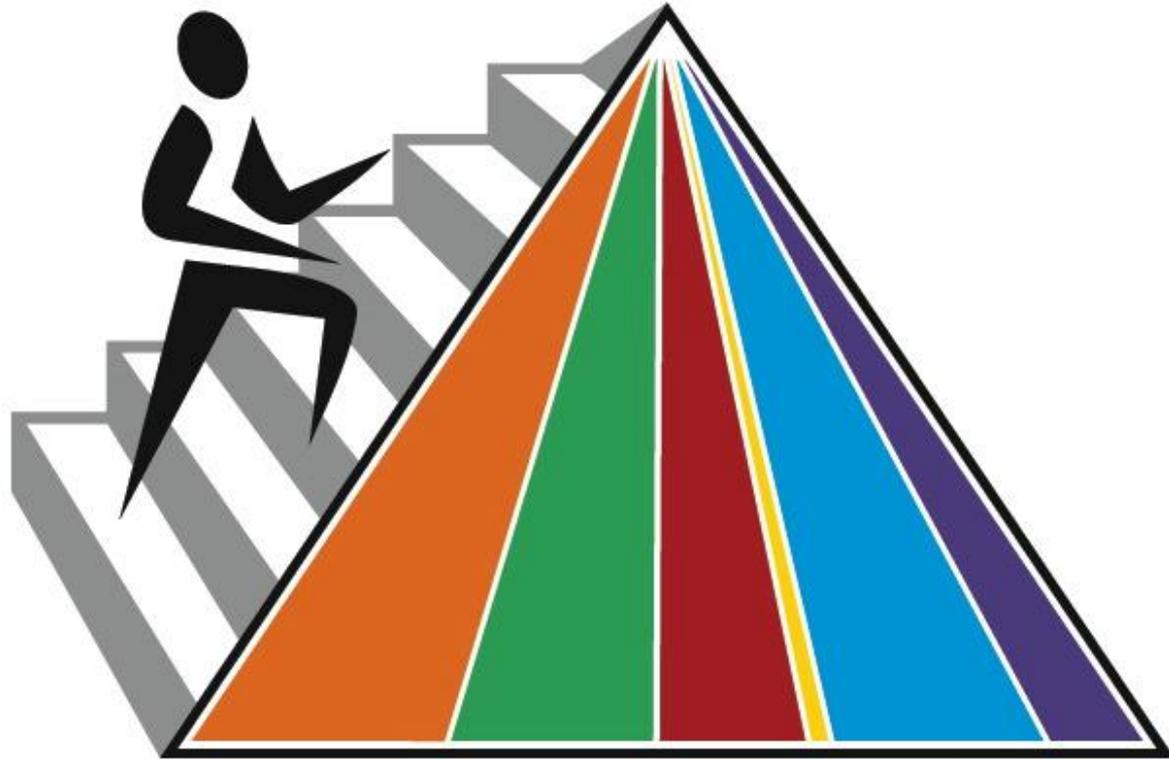
Meeting varied needs

- Audiences—Older Americans, low-literacy, Spanish speaking
 - Food preferences—Vegetarian, lactose-intolerant, ethnic
 - Situations—Eating out, carrying in, cooking at home
- 

Implementation

- Implementation is the challenge ahead.
- Health/education professionals are vital for success.
- It will be an ongoing process.
- Working together, we can help Americans to be healthier.





MyPyramid.gov
STEPS TO A HEALTHIER YOU