



# MyPyramid

STEPS TO A HEALTHIER YOU

Male - Frail

Based on the information you provided, this is your daily recommended amount from each food group.

## GRAINS

6 ounces

**Make half your grains whole**

Aim for at least **3 ounces** of whole grains a day

## VEGETABLES

2 1/2 cups

**Vary your veggies**

Aim for these amounts **each week:**

**Dark green veggies**  
= 3 cups

**Orange veggies**  
= 2 cups

**Dry beans & peas**  
= 3 cups

**Starchy veggies**  
= 3 cups

**Other veggies**  
= 6 1/2 cups

## FRUITS

2 cups

**Focus on fruits**

Eat a variety of fruit

Go easy on fruit juices

## MILK

3 cups

**Get your calcium-rich foods**

Go low-fat or fat-free when you choose milk, yogurt, or cheese

## MEAT & BEANS

5 1/2 ounces

**Go lean with protein**

Choose low-fat or lean meats and poultry

Vary your protein routine—choose more fish, beans, peas, nuts, and seeds

### Find your balance between food and physical activity

Be physically active for at least **30 minutes** most days of the week.

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

Your allowance for oils is **6 teaspoons a day.**

Limit extras—solid fats and sugars—to **265 calories a day.**

**Your results are based on a 2000 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.