



MyPyramid

STEPS TO A HEALTHIER YOU

Male - Transitional

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

<p>GRAINS 7 ounces</p>	<p>VEGETABLES 3 cups</p>	<p>FRUITS 2 cups</p>	<p>MILK 3 cups</p>	<p>MEAT & BEANS 6 ounces</p>
<p>Make half your grains whole</p> <p>Aim for at least 3 1/2 ounces of whole grains a day</p>	<p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 3 cups</p> <p>Orange veggies = 2 cups</p> <p>Dry beans & peas = 3 cups</p> <p>Starchy veggies = 6 cups</p> <p>Other veggies = 7 cups</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>Go lean with protein</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 **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 **290 calories a day.**

Your results are based on a 2200 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.