

## FOOD PYRAMID AND NUTRITION INFORMATION

- Find your balance between food and physical activity.
- 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.
- To sustain weight loss, at least 60 to 90 minutes of physical activity may be required.
- Children and teens should be physically active 60 minutes every day or most days.

### Know the limits on fats, sugars, and salt (sodium).

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose foods and beverages low in added sugars which contribute calories with few, if any, nutrients.

### “My Pyramid” lists the goals of a healthy meal plan.

- Grains - eat at least 3oz. Of whole-grain cereals, breads, crackers, rice, or pasta every day.
- Vegetables - eat 2 1/2 cups every day.
- Fruits - Eat 2 cups every day.
- Milk products - 3 cups everyday. Kids 2 to 8 it's 2 cups.
- Meat and beans - eat 5 1/2 oz. Low-fat every day.

Additional information is available online at [www.MyPyramid.gov](http://www.MyPyramid.gov)