

Eat Smart & Be Active

GRAINS

Eat at least 3 oz. of wholegrain cereals, breads, crackers, rice or pasta every day.

1 oz. is about 1 slice of bread, about 1 cup of cereal, or ½ cup of cooked rice, cereal or pasta.

Eat 6 oz. every day*

Make half your grains whole

VEGGIES

Eat more dark-green veggies like broccoli, spinach and other dark leafy greens.

Eat more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans and lentils.

Eat 2½ cups every day*

Vary your veggies

DAIRY

Go low-fat or fat-free when you choose milk, yogurt and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Get 3 cups every day; for kids aged 2 to 8, it's 2 cups*

Get your calcium-rich foods

FRUITS

Eat a variety of fruit.

Choose fresh, frozen, canned or dried fruit.

Go easy on fruit juices.

Eat 2 cups every day*

Focus on fruits

MEAT & BEANS

Eat 5½ oz. every day*

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

Choose low-fat or lean meats and poultry.

Bake it, broil it or grill it.

Go lean with protein

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 food 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. Added sugars contribute calories with few, if any, benefits.

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.
- 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 almost every day.

* For a 2,000-calorie diet, you need the amounts above from each food group. To find the amounts that are right for you, go to MyPyramid.gov.
Referenced: MyPyramid.gov