

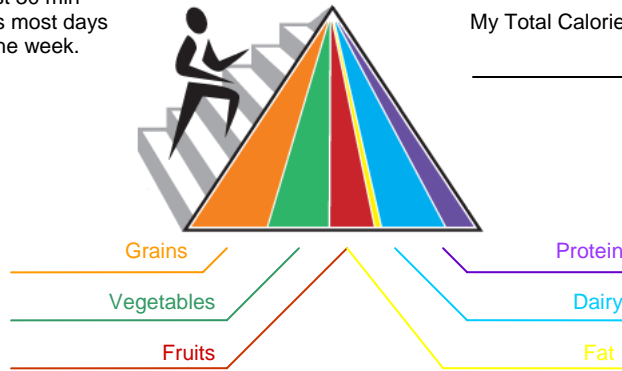
MyPyramid Plan

Go to MyPyramid.gov to find out how many calories and servings you need from the MyPyramid Plan. Write that information in the spaces below and use the recommended calorie and serving needs to evaluate your food intake.

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

MyPyramid.gov
STEPS TO A HEALTHIER YOU

My Total Calories _____



Grains (Servings are based on 1 ounce)

- 1 slice bread
- 1 cup cereal (dry)
- 1/2 cup cereal (cooked)
- 6" tortilla
- 3 graham cracker squares
- 8 animal crackers
- 3 cups popcorn
- 1/2 English muffin
- 1/2 of 3" bagel
- 1/2 hamburger bun
- 1/2 cup rice or pasta (cooked)
- 2" diameter biscuit
- 2.5" diameter muffin
- 2 - 3" pancakes

Fruits & Vegetables

- 1/2 cup raw or cooked
- 1 cup leafy greens
- 1/4 cup dried fruit
- 3/4 cup 100% juice

Dairy (Servings are based on 300 mg calcium)

- 1 cup milk
- 1 cup soy milk
- 1/2 cup evaporated milk
- 1 cup calcium-fortified orange juice
- 1 cup yogurt
- 1 cup pudding
- 1/2 cup frozen yogurt
- 1 1/2 ounces hard cheese (cheddar, Colby, mozzarella, Swiss)
- 2 ounces processed cheese (American)
- 1/3 cup shredded cheese
- 1/2 cup ricotta cheese
- 2 cups cottage cheese

Protein (Servings are based on 7 grams of protein)

- 1 ounce meat (beef, chicken, fish, turkey)
- 1/2 cup beans, peas, lentils (cooked)
- 1/3 cup nuts
- 1 large egg, 2 egg whites, or 1/4 cup egg substitute
- 2 tbsp peanut butter
- 1 oz tofu or tempeh



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