

MyPyramid Food Intake Pattern Calorie Levels

MyPyramid assigns Individuals to a calorie level based on their sex, age, and activity level.

The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in 5-year increments.

MALES				FEMALES			
Activity level	Sedentary*	Mod. active*	Active*	Activity level	Sedentary*	Mod. active*	Active*
AGE				AGE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19-20	2600	2800	3000	19-20	2000	2200	2400
21-25	2400	2800	3000	21-25	2000	2200	2400
26-30	2400	2600	3000	26-30	1800	2000	2400
31-35	2400	2600	3000	31-35	1800	2000	2200
36-40	2400	2600	2800	36-40	1800	2000	2200
41-45	2200	2600	2800	41-45	1800	2000	2200
46-50	2200	2400	2800	46-50	1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.

MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.

CHECK YOUR FOOD IQ

TEST YOUR NUTRITION KNOW-HOW. ANSWER THESE 15 QUESTIONS TO FIND OUT IF YOU ARE SNACKING SMARTLY OR DINING DANGEROUSLY!

QUESTIONS

1. Soda pop, chips and cookies can fit into a well-balanced diet.

T F

2. Eating applesauce is as good as eating apples.

T F

3. Orange juice has fewer calories and more nutrients than cranberry, apple, or grape juice.

T F

4. Frozen yogurt is a healthy, low-calorie snack.

T F

5. Skipping breakfast can lead to lower test scores.

T F

6. Eating late at night can help you curb your appetite and lose weight.

T F

7. A chef's salad with blue cheese dressing contains the same amount of calories as and has more fat than a quarter-pound hamburger.

T F

8. One can of soda has about 9 teaspoons of sugar and 150 to 200 calories.

T F

9. You should eliminate fat from your diet.

T F

10. Rice cakes, oranges, and plain yogurt make up a healthy diet.

T F

11. Low-fat means low-calorie.

T F

12. Drinking milk will make you fat.

T F

13. You can eat more of something if it is fat-free.

T F

14. The best way to lose weight is to go on a crash diet.

T F

15. You shouldn't snack between meals.

T F

ANSWERS

1. **TRUE.** Surprise! Even soda pop, chips and cookies in moderation, can fit into a well-balanced diet. Simply balance out refined sugars and fats with nutrient-wise choices at your next meal. For example, if you eat a greasy sausage and biscuit breakfast, have a low-fat turkey sandwich for lunch.
2. **FALSE.** Apples are better for you than applesauce. Natural foods usually have more nutritional value and fewer additives than processed foods. Choose whole wheat rather than white bread, baked potatoes rather than potato chips.
3. **TRUE.** In addition to having fewer calories, orange juice and other citrus juices like grapefruit and tangerine have more vitamin C and potassium than juices like cranberry, apple, or grape.
4. **FALSE.** Yikes! Frozen yogurt may be fat-free, but it's definitely not calorie-free. Put it in a cone with a few mix-ins and you've eaten the calorie equivalent of a small meal — but with a lot fewer nutrients. Go for real yogurt instead; it's full of nutrients and has calcium and protein too.
5. **TRUE.** When you skip breakfast you're likely to concentrate less effectively, study less efficiently, and even feel irritable and short-tempered.
6. **FALSE.** Eating late at night may make you less hungry for breakfast, but you'll probably make up for it later in the day.
7. **TRUE.** And you thought you were eating something healthy! This salad contains 400 calories and 28 grams of fat compared with a 400-calorie hamburger with 20 grams of fat. For a healthier salad, go for more veggies instead of the eggs and ham, and choose a low-fat or fat-free dressing instead of the blue cheese.
8. **TRUE.** And these calories are empty calories, with no nutrients at all. Two or three cans a day can really add up to lots of unwanted calories in your diet. Opt for water, juice, or milk instead. Your teeth will also thank you.
9. **FALSE.** You need fat in your diet — just not a lot of it. Only 25 to 30 percent of your calorie intake should come from fat. Cut down on the saturated animal fats like butter, burgers, pepperoni, and fatty cheeses, and choose heart-healthy fats instead, like olive oil, walnuts, and lean meats.
10. **FALSE.** These foods by themselves do not make a healthy diet. If eaten daily, your diet would lack not only variety, but also iron, zinc, and vitamins A, E, and K as well. Unfortunately, there are no magic foods — you can't just eat one or two foods all the time and maintain a healthy diet. Each food offers particular nutrients. For example, oranges provide vitamin C and carbohydrates but not iron or protein. Beef offers iron and protein but not vitamin C or carbohydrates. Your best bet is to eat a variety of foods.
11. **FALSE.** Gotcha! Low-fat means low in fat, NOT necessarily low in calories. Read the nutrition label to find out the calorie content.
12. **FALSE.** Low-fat and skim milk are low in calories and low in fat. They are also among the best sources of calcium, which is important for developing and maintaining healthy bones! So do your body good — skip the soda and go for the milk!
13. **FALSE.** Fat-free does not mean calorie-free — many fat-free foods tend not to make you feel full, so you may be tempted to eat more of them than you should.
14. **FALSE.** Crash diets don't work. Sure, you may lose a few pounds quickly, but they usually come right back. On the other hand, reducing the size of your portions and making healthy food choices does work. The best way to lose weight is to eat a balanced diet full of fruits, vegetables, lean meats, and whole grains. And to get moving! Try to be physically active every day — rollerblade, dance, walk, whatever — to burn extra calories and feel great.
15. **FALSE.** Snacking can be good for you if you make wise choices. Glazed donuts and candy give you unwanted fat calories. Choices like pretzels, fruits, yogurt, nuts and bagels (without the cream cheese) can give you energy and help curb your appetite so you don't overeat at your next meal.

YOUR FOOD IQ

Number of correct responses:

0–5: You need to bone up on your nutrition facts so you start making healthier choices.

6–10: You have some of the facts you need but not quite enough. Look at the correct answers for those you missed to find out more about healthy eating.

11–15: You're a nutrition star! You have all or most of the information you need. Now, do you eat as smart as you are?

HEALTHY FUN TIPS:

Take the stairs instead of the elevator.

Engaged in 60 minutes of physical activity every day.

Active Body = Active Mind

Mind / Body / Spirit

Get at least 9 to 10 hours of sleep each night.

Make a to-do list or keep a journal in order to ease your worries.

Take a few minutes every everyday to have quiet time by yourself.

Take a bubble bath with lavender scented soap to help relax.

Put on your favorite music or make up your own and dance!

Volunteer your time to a good cause.

Lie down and use your imagination in order to relax.

Try yoga to help you build strength, increase flexibility, improve balance, and relieve stress.

Watch a funny movie and laugh: 15 minutes of laughter can burn up to 50 calories.

Vitamin C consumption can help you burn more fat.

Develop a new hobby, learn a new craft.

Strengthen your bones by getting plenty of calcium and doing lots of weight-bearing physical activity.

Try combining your favorite activities: how can you combine ballet and soccer?

Your heart is the strongest muscle in your body.

Play outdoor hide-and-seek.

Improve your health — fast walk, run or ride your bike for 60 minutes every day!

Increase your energy — jump rope for 10 minutes!

Learn to do the Double Dutch.

Warm up before engaging in vigorous physical activity.

Wear your helmet when riding your bike.

Thirst is a sign of dehydration.

Rollerblade around your neighborhood.

Eat a variety of foods.

For every hour of exercise, drink between 8 and 10 ounces of fluid.

Monitor your heart rate before and after exercising.

Food is fuel for your body.

Running is a stress buster.

Stretching relaxes you physically and mentally.

Take 10 deep breaths to relax your body and your mind.

COOKIE RELATED HEALTHY TIPS:

Milk with cookies strengthen your bones.

The sweet taste of cinnamon can also have real health benefits.

Take a cookie break and relax!

Cookies can be part of a balanced, healthy lifestyle.

Hydrate while selling door-to-door. Drink 8 glasses of water a day.

Understanding Nutrition Labels

1

Start with the Serving Size

Serving sizes are standardized to make it easier to compare similar foods. The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. For example, if the serving size is 2 cookies, and you eat 4, you double the amount of calories and nutrients, including the Daily Value %.

2

Calories (and Calories from Fat)

Calories provide a measure of how much energy you get from a serving of this food. The calorie section of the label can help you manage your weight. Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount). Eating too many calories per day is linked to overweight and obesity.

The Nutrients

These are separated into two main groups:

3

Limit These Nutrients

Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure. Important: Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.

4

Get Enough of These Nutrients

Most Americans don't get enough of these in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. Remember: You can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.

Tagalongs®

Nutrition Facts

Serving Size 2 Cookies (27g)
Servings Per Container about 8

Amount Per Serving

Calories 130 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

INGREDIENTS: Roasted peanuts, sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated vegetable oil (soybean, cottonseed, palm kernel, and/or palm oil), dextrose, cocoa, contains two percent or less of peanut oil, invert sugar, salt, cornstarch, soy lecithin, artificial flavor, leavening (baking soda, monocalcium phosphate), whey (milk).

CONTAINS PEANUT, WHEAT, SOY AND MILK INGREDIENTS

Dietary Exchange: 1 Carbohydrates, 1 1/2 Fat

5

% Daily Value

The % Daily Values (%DVs) are based on the Daily Value recommendations for key nutrients but only for a 2,000 calorie daily diet. The %DV helps you determine if a serving of food is high or low in a nutrient. The label calculates the percentages for you, which helps you interpret the numbers (grams and milligrams) by putting them all on the same scale for the day (0-100%DV). The %DV column doesn't add up vertically to 100%. Instead each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet). This way you can tell high from low and know which nutrients contribute a lot, or a little, to your daily recommended allowance (upper or lower). As a guide, 5%DV or less is low and 20%DV or more is high.

6

Ingredients

Ingredients are listed in descending order of weight (from most to least).

Nutrients without a %DV are Trans Fats, Protein, and Sugars.

Trans fat (and saturated fat): Are linked with raising blood LDL ("bad") cholesterol levels. Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible.

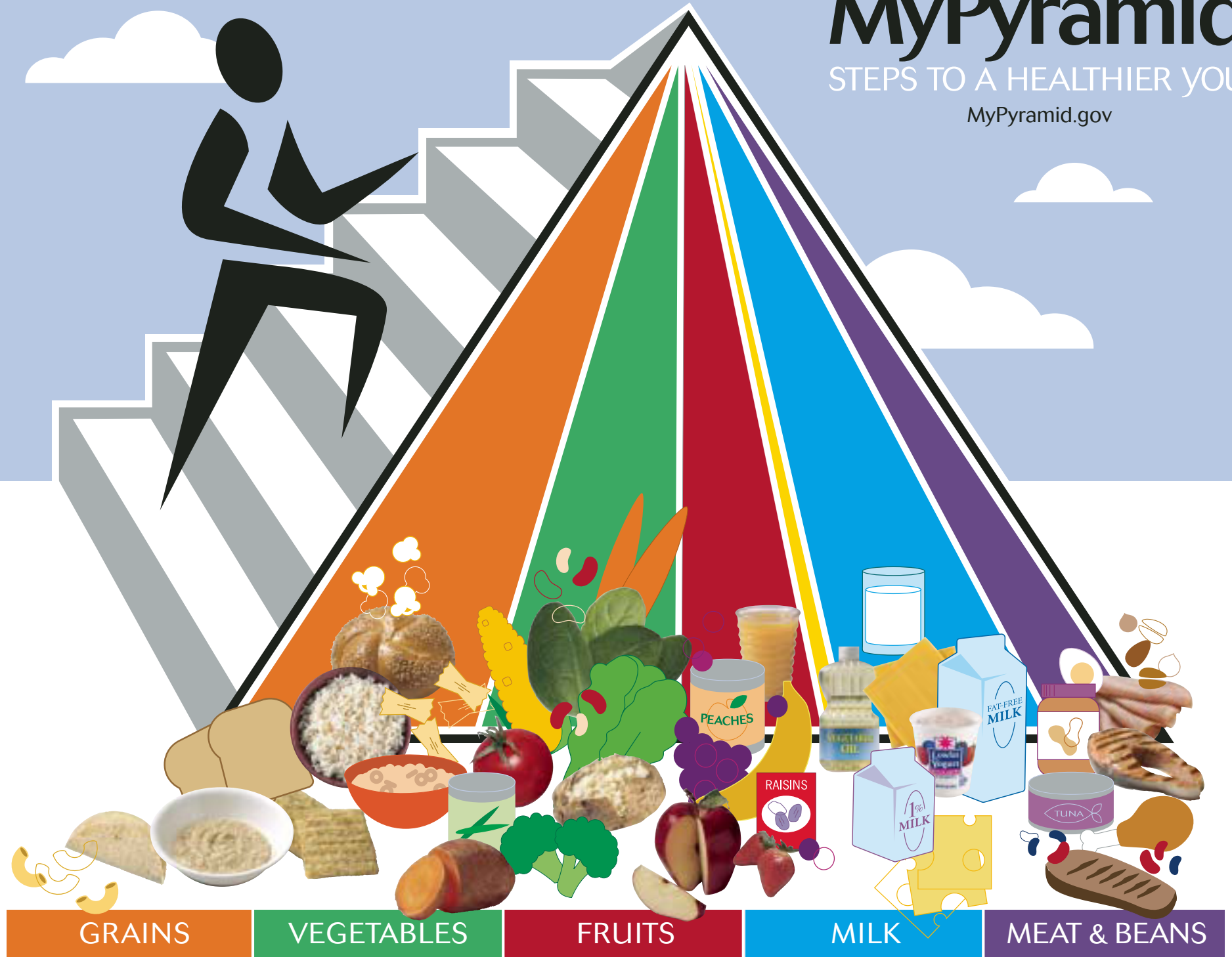
Protein: A %DV is required if a food claims it is "high in protein". Otherwise, unless it is meant for use by infants and children under 4 years old, none is needed.

Sugars: No daily %DV has been established for sugars because no recommendations have been made for the total amount to eat in a day. Keep in mind, the sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. Check the ingredient list for specifics on added sugars. Added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

Make half your grains whole

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

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

VEGETABLES

Vary your veggies

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

Eat more orange vegetables like carrots and sweetpotatoes

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

FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

MILK

Get your calcium-rich foods

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

MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

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

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

Eat 6 oz. every day

Eat 2½ cups every day

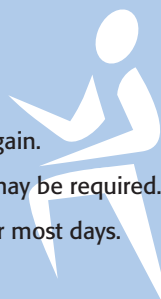
Eat 2 cups every day

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

Eat 5½ oz. every day

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 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, stick 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 food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
CNPP-15



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A Close Look at MyPyramid

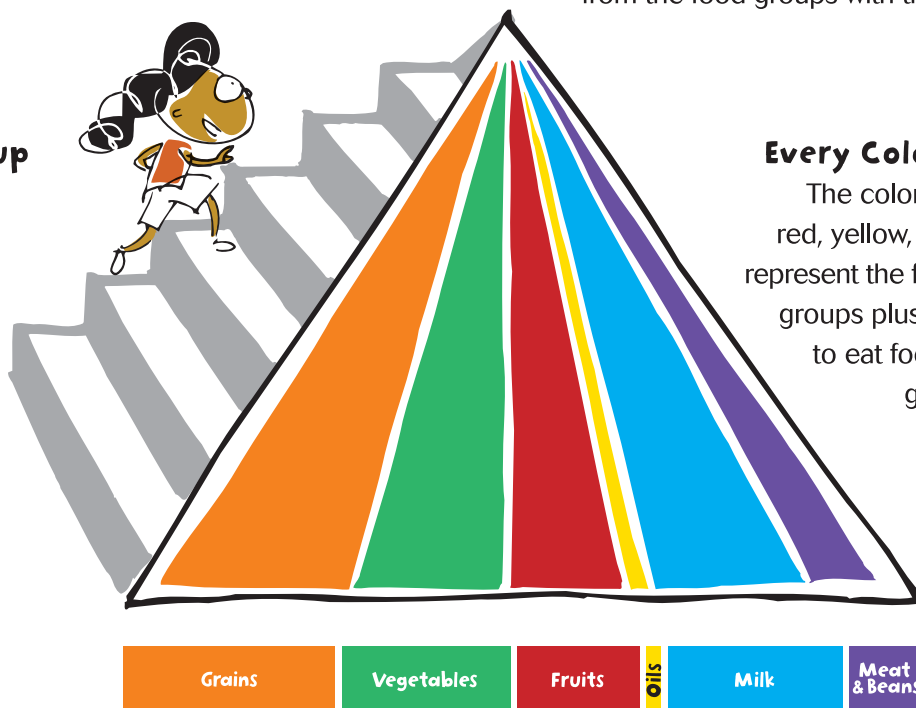
MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time

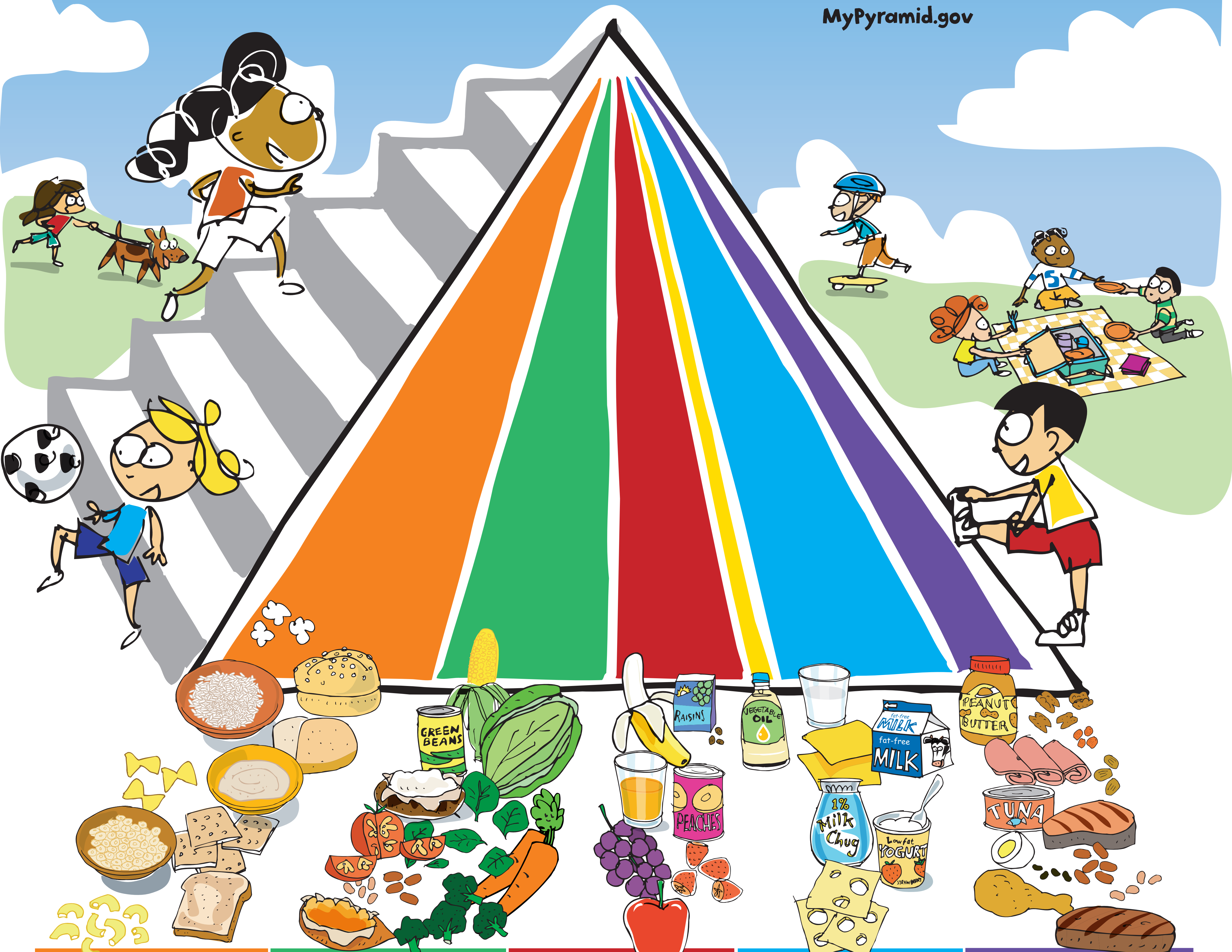
You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits

Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

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

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Name:

Write in Your Choices for Today		Food Group	Tip	Goal Based on a	calorie pattern	List each food choice in its food group*	Estimate Your Total
GRAINS		Make at least 3 ounces of your grains whole grains		ounce equivalents			ounce equivalents
		Try to have vegetables from several subgroups each day		cups			cups
		Make most choices fruit, not juice		cups			cups
		Choose fat-free or low fat most often		cups			cups
		Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds		ounce equivalents			ounce equivalents
		Build more physical activity into your daily routine at home and work.		At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.		*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	minute s

How did you do today? ☐ Great ☐ So-So ☐ Not so Great

My FOOD goal for tomorrow is:

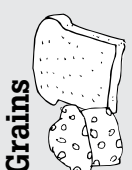
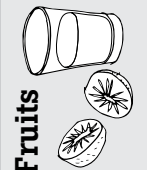
My ACTIVITY goal for tomorrow is:

MyPyramid Worksheet

Name: _____

MyPyramid FOR KIDS

Check how you did yesterday and set a goal to aim for tomorrow

Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast:	Grains 	Make at least half your grains whole grains.	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)		_____ ounce equivalents
Lunch:	Vegetables 	Color your plate with all kinds of great tasting veggies.	2 1/2 cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		_____ cups
Snack:	Fruits 	Make most choices fruit, not juice.	1 1/2 cups		_____ cups
Dinner:	Milk 	Choose fat-free or lowfat most often.	3 cups (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)		_____ cups
	Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		_____ ounce equivalents
Physical activity:	Physical Activity 	Build more physical activity into your daily routine at home and school.	At least 60 minutes of moderate to vigorous activity a day or most days.		_____ minutes

* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do yesterday? ☐ Great ☐ So-So ☐ Not So Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

