

Health Journal Mar 2016

MyPyramid, released by the United States Department of Agriculture (USDA) in 2005, was designed to educate consumers about a **lifestyle consistent, vital nutritional messages of balance, variety, moderation and adequacy**. What makes MyPyramid different is that it stresses activity and moderation along with a proper mix of food groups in one's diet. There are other variation of food pyramids or food plates, which they are more or less very similar, yet MyPyramid still stands as an informative education tool and an all around guideline for the general population.



MyPyramid contained 8 divisions. From left to right on the pyramid are a person and six food groups:

- **Physical activity**- represented by a person climbing steps on the pyramid, to illustrate moderate physical activity every day, in addition to usual activity. The key recommendations are:

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>>Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight. *(At least 30 minute, if possible, every day for adults and at least 60 minutes each day for children and teenagers, and for most people increasing to more vigorous-intensity or a longer duration will bring greater benefits.)*

>>Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises for muscle strength and endurance.

- **Grains**- recommending that at least half of grains consumed be as whole grains
- **Vegetables**- emphasizing dark green vegetables, orange vegetables, and dry beans and peas
- **Fruits**- emphasizing variety and less on fruit juices
- **Oils**- recommending fish, nut, and vegetables sources
- **Milk**- a category that includes fluid milk and many other milk-based products
- **Meat and beans**- emphasizing low-fat and lean meats such as fish as well as more beans, peas, nuts, and seeds

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
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 1/2 cup of cooked rice, cereal, or pasta	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	Focus on fruits Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices	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	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 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day

<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> • 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. 	<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> • 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.
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“Achieve a balance between food and regular physical activity is the key to prevent some common illness and diseases i.e. heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, colon disease, metabolic syndrome and depression”