Eating well for good health!

The new food pyramid “MyPyramid” can help guide you to the amount of food that your body needs everyday.

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Visit the website www.mypyramid.gov to get personalized recommendations and tips for creating a healthy lifestyle.

Find your energy balance between the food you eat and physical activity

Know the amounts of food you need each day.
The number of calories you need each day depends on your age, activity level, and whether you’re trying to gain, maintain, or lose weight.

Physical activity
Try to get 30 minutes of physical activity every day. To lose weight, avoid gaining weight or to keep weight off, 60-90 minutes every day is recommended.