

also includes recommendations for choosing healthy oils, discretionary calories, and physical activity. (The following section on the Dietary Guidelines explains that discretionary calories refers to calories in food choices rich in added sugars or solid fat.) For most of us very few discretionary calories are available in daily diet planning.

**Start Today** - provides tips and resources that include downloadable suggestions on all the food groups and physical activity, and a worksheet to track one's diet.

### PUTTING MyPyramid INTO ACTION

To put MyPyramid into action, first you need to estimate your calorie needs (note: the website helps you calculate this). The following table provides a rough guide.

Children	Calorie Range	
	Sedentary →	Active
2-3 years	1,000	1,400
<b>Females</b>		
4-8 years	1,200	1,800
9-13	1,600	2,200
14-18	1,800	2,400
19-30	2,000	2,400
31-50	1,800	2,200
51+	1,600	2,200
<b>Males</b>		
4-8 years	1,400	2,000
9-13	1,800	2,600
14-18	2,200	3,200
19-30	2,400	3,000
31-50	2,200	3,000
51+	2,000	2,800

**Sedentary** means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

**Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

Once you have determined the calorie allowance that is appropriate for you, you can use the following table to discover how that calorie allowance corresponds to the recommended number of servings from each food group:

Daily Amount of Food From Each Group											
Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000
Fruits	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups
Vegetables <sup>1,2</sup>	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups
Grains <sup>3</sup>	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq
Meat and Beans <sup>4</sup>	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq
Milk <sup>5</sup>	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils <sup>6</sup>	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	11 tsp
Discretionary calorie allowance <sup>6</sup>	165	171	171	132	195	267	290	362	410	426	643

1. Over a week's time a variety of vegetables should be eaten, especially green and orange vegetables.  
2. Dry beans and peas can be counted either as vegetables (dry beans and peas subgroup), or in the meat, poultry, fish, dry beans, eggs, and nuts (meat & beans) group. Generally, individuals who regularly eat meat, poultry, and fish would count dry beans and peas in the vegetable group. Individuals who seldom eat meat, poultry, or fish (vegetarians) would count some of the dry beans and peas they eat in the meat, poultry, fish, dry beans, eggs, and nuts group until enough servings from that group are chosen for the day.  
3. At least half of these servings should be whole grain varieties.  
4. Most of these servings should be fat-free or low fat.  
5. Limit solid fats such as butter, stick margarine, shortening, and lard, as well as foods that contain these.  
6. Discretionary calories refer to food choices rich in added sugars or solid fat.

### What Counts as One Serving?

**Grains:** 1 slice of bread, 1 cup of ready-to-eat breakfast cereal, or 1/2 cup cooked rice, pasta or cooked cereal counts as a one ounce equivalent.

**Vegetables:** 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens counts as 1 cup.

**Fruits:** 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit counts as 1 cup.

**Milk:** 1 cup of milk or yogurt, 1.5 ounces of natural cheese, or 2 ounces of processed cheese counts as one cup.

**Meat and Beans:** 1 ounce of meat, poultry, or fish, 1 egg, 1 tablespoon of peanut butter, one 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds counts as a 1 ounce equivalent.

**Oils:** A teaspoon of any oil from plants or fish that is liquid at room temp counts as a serving, as do such servings of foods rich in oils (e.g. mayonnaise and soft margarine).

### What about Physical Activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes on most or all days of the week. For weight loss or preventing weight gain about 60 minutes a day may be needed. (The same goal applies to children and teenagers in general.) For maintaining prior weight loss, at least 60 to 90 minutes of moderate activity may be required.

**Moderate physical activities** include:

- Walking briskly (about 3-1/2 miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golfing (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

**Vigorous physical activities** include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4-1/2 miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

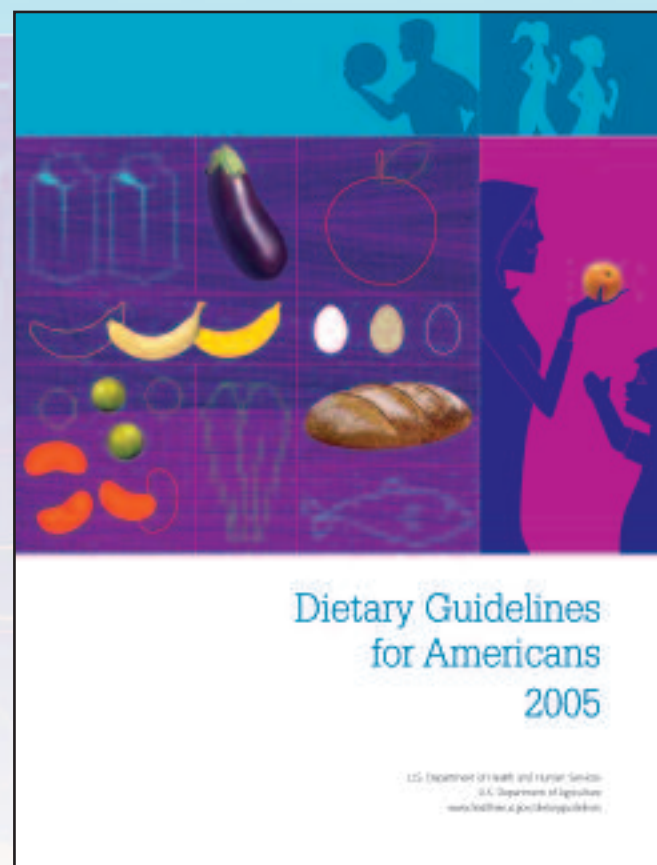
Note that some physical activities are not intense enough to help meet the recommendations. These include walking at a casual pace, such as while grocery shopping.

### Get Going

Start putting MyPyramid into practice and use the MyTracker feature to follow your progress. Implementing even small diet and exercise changes can have positive results. Better health will likely follow as you strive to meet your nutrient needs and balance your physical activity and calorie allowance. In addition, follow the guidance from the Dietary Guidelines regarding alcohol intake and safe food preparation. Take advantage of these helpful tools in your quest for a healthier you.

# 2005

## THE NEW DIETARY GUIDELINES



- ◆ Fats
- ◆ Carbohydrates
- ◆ Sodium and Potassium
- ◆ Alcoholic Beverages
- ◆ Food Safety

Following is a list of key recommendations from the *Dietary Guidelines 2005*.

### ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- ◆ Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

- ◆ Meet recommended intakes within calorie needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) MyPyramid plan or the Dietary Approaches to Stop Hypertension (DASH) eating Plan.

Stop Hypertension (DASH) eating Plan.

### Key Recommendations for Specific Population Groups

- ◆ **People over age 50.** Consume vitamin B12 in its crystalline form (i.e., fortified foods or supplements).
- ◆ **Women of childbearing age who may become pregnant.** Eat foods high in iron and/or iron-fortified foods with an enhancer of iron absorption, such as vitamin C-rich foods.
- ◆ **Women of childbearing age who may become pregnant and those in the first trimester of pregnancy.** Consume adequate synthetic folic acid daily (from fortified foods or supplements) in addition to food forms of folate from a varied diet.
- ◆ **Older adults, people with dark skin, and people exposed to insufficient ultraviolet band radiation (i.e., sunlight).** Consume extra vitamin D from vitamin D-fortified foods and/or supplements.

### WEIGHT MANAGEMENT

- ◆ To maintain body weight in a healthy range, balance calorie intake from foods and beverages with calories expended.
- ◆ To prevent gradual weight gain over time, make small decreases in calorie intake from food and beverages and increase physical activity.

### Key Recommendations for Specific Population Groups

- ◆ **Those who need to lose weight.** Aim for a slow, steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity.
- ◆ **Overweight children.** Reduce the rate of body weight gain while allowing growth and development. Consult a healthcare provider before placing a child on a weight-reduction diet.
- ◆ **Pregnant women.** Ensure appropriate weight gain as specified by a healthcare provider.
- ◆ **Breastfeeding women.** Moderate weight reduction is safe and does not compromise weight gain of the nursing infant.
- ◆ **Overweight adults and overweight children with chronic diseases and/or on medication.** Consult a healthcare provider about weight loss strategies prior to starting a weight-reduction program to ensure appropriate management of other health conditions.

### PHYSICAL ACTIVITY

- ◆ Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- ◆ To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- ◆ For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

- ◆ To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding calorie needs.



- ◆ To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding calorie needs. Some people (men over 40 years of age and women over 50 years of age) may need to consult with a healthcare provider before participating in this level of activity.
- ◆ Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

### Key Recommendations for Specific Population Groups

- ◆ **Children and adolescents.** Engage in at least 60 minutes of physical activity on most, preferably all, days of the week.
- ◆ **Pregnant women.** In the absence of medical or obstetric complications, incorporate 30 minutes or more of moderate-intensity physical activity on most, if not all, days of the week. Avoid activities with a high risk of falling or abdominal trauma.

- ◆ **Breastfeeding women.** Be aware that neither acute nor regular exercise adversely affects the mother's ability to successfully breastfeed.
- ◆ **Older adults.** Participate in regular physical activity to reduce functional declines associated with aging and to achieve the other benefits of physical activity identified for all adults.

### FOOD GROUPS TO ENCOURAGE

- ◆ Consume a sufficient amount of fruits and vegetables while staying within calorie needs. Two cups of fruit and 2 1/2 cups of vegetables per day are recommended for a reference 2000 kcal intake, with higher or lower amounts depending on ones calorie needs.
- ◆ Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

- ◆ Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- ◆ Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

### Key Recommendations for Specific Population Groups

- ◆ **Children and adolescents.** Consume whole-grain products often; at least half the grains should be whole grains. Children 2 to 8 years should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products. Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

### FATS

- ◆ Consume less than 10 percent of calorie intake from saturated fatty acids and less than 300 milligrams per day of cholesterol, and keep trans fatty acid consumption as low as possible.
- ◆ Keep total fat intake between 20 to 35 percent of calorie intake, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- ◆ When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- ◆ Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

### Key Recommendations for Specific Population Groups

- ◆ **Children and adolescents.** Keep total fat intake between 30 to 35 percent of calorie intake for children 2 to 3 years of age and between 25 to 35 percent of calorie intake for children and adolescents 4 to 18 years of age, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.





### CARBOHYDRATES

- ◆ Choose fiber-rich fruits, vegetables, and whole grains often.
- ◆ Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- ◆ Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

### SODIUM AND POTASSIUM

- ◆ Consume less than 2300 milligrams per day (less than 1 tsp of salt).
- ◆ Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

### Key Recommendations for Specific Population Groups

- ◆ *Individuals with hypertension, blacks, and middle-aged and older adults.* Aim to consume no more than 1,500 milligrams of sodium per day, and meet the potassium recommendation (4,700 milligrams per day) with food.

### ALCOHOLIC BEVERAGES

- ◆ Those who choose to drink alcoholic beverages should do so sensibly and in moderation -- defined as the consumption of up to one drink per day for women and up to two drinks per day for men.
- ◆ Alcoholic beverages should not be

eat or drink raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, raw or undercooked fish or shellfish, unpasteurized juices, and raw sprouts.

◆ *Pregnant women, older adults, and those who are immunocompromised:* Only eat certain deli meats and frankfurters that have been reheated to steaming hot.

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A basic premise of the *Dietary Guidelines* is that nutrient needs should be met primarily through consuming foods. Foods provide an array of nutrients and other compounds that may have beneficial effects on health. As noted above, in certain cases, fortified foods and dietary supplements may be useful sources of one or more nutrients that otherwise might be consumed in less than recommended amounts. These are especially important for people whose typical food choices lead to a diet that cannot meet one or more nutrient recommendations, such as for vitamin D, vitamin E or calcium. However, dietary supplements cannot replace a healthful diet.

◆ Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.

consumed by some individuals, including those who cannot restrict their alcohol intake, women of child-bearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.

◆ Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.

### FOOD SAFETY

To avoid microbial foodborne illness:

- ◆ Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed to avoid spreading bacteria to other foods.
- ◆ Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
- ◆ Cook foods to a safe temperature to kill microorganisms.
- ◆ Chill (refrigerate) perishable food promptly and defrost foods properly.
- ◆ Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, or raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

### Key Recommendations for Specific Population Groups

- ◆ *Infants and young children, pregnant women, older adults, and those who are immunocompromised.* Do not

Calorie Intake (kcal)	Discretionary Calories (kcal)
1000	165*
1200	171*
1400	171*
1600	132
1800	195
2000	267
2200	290
2400	362
2600	410
2800	426
3000	512
3200	648

\* These amounts are higher than for a 1600 kcal diet because these lower calorie diets refer to the needs of children 2-8 years of age. Adult recommendations typically start at 1600 kcal.

The intent is to not exceed this discretionary calorie allowance from the combination of foods and beverages with alcohol, added sugars, or added fats.

### "FINDING YOUR WAY TO A HEALTHIER YOU"

The brochure designed for the public based on the *2005 Dietary Guidelines for Americans* is entitled "Finding Your Way to a Healthier You." It incorporates the major themes of the *Dietary Guidelines for Americans*, but provides a simpler message. The three main themes are:

- ◆ Make smart choices from every food group.
- ◆ Find your balance between food and physical activity.
- ◆ Get the most nutrition out of your calories.

### Make smart choices from every food group.

- ◆ Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- ◆ Include lean meats, poultry, fish, beans, eggs, and nuts.
- ◆ Make sure ones diet is low in saturated fat, *trans* fats, cholesterol, salt (sodium), and added sugars.

### Find your balance between food and physical activity.

- ◆ Be physically active for at least 30 minutes most days of the week.
- ◆ Increasing the intensity or amount of

time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.

◆ Children and teenagers should be physically active every day, or most every day.

### Get the most nutrition out of your calories.

◆ Choose the most nutritionally-rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories.

◆ Pick foods like fruits, vegetables, whole grains, and fat-free and low-fat milk products more often.

Other recommendations refer to safe food-handling practices and moderation in alcohol consumption (if used).

### Safe food handling encompasses the following advice:

- ◆ Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed to avoid spreading bacteria to other foods.



- ◆ Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
- ◆ Cook foods to a safe temperature to kill microorganisms.
- ◆ Chill (refrigerate) perishable food promptly and defrost foods properly.
- ◆ Avoid raw (unpasteurized) milk or any products made from unpasteurized milk,

raw or partially cooked eggs or foods containing raw eggs, or raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

### Moderate drinking refers to:

Up to one drink a day for women and up to two drinks for men.

12 ounces of a regular beer, 5 ounces of wine or 1-1/2 ounces of 80 proof distilled spirits count as a drink for purposes of explaining moderation.

### THE DIETARY GUIDELINES AND YOU

When applying the Dietary Guidelines, you need to consider your own state of health. Make specific changes and see whether they are effective for you. Note that results don't occur overnight and that sometimes results can be disappointing. Even when carefully following a diet low in saturated fat, some people continue to have high blood cholesterol. Other people can eat greater amounts of saturated fats and keep their blood cholesterol under control. Differences in genetic background are the key cause. Each of us must take into consideration our individual nutritional needs and our risks of developing certain diseases. Plan your diet with your specific needs in mind, taking into account your current health status and family history. While the Dietary Guidelines aren't able to tailor a unique nutrition program for every North American citizen, they do provide typical adults with simple nutritional advice, which can be implemented by anyone willing to take a step toward good health.

*Dietary Guidelines for Americans* is published jointly by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The *2005 Dietary Guidelines* are available at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

MyPyramid is produced by the Center for Nutrition Policy and Promotion, an organization of the U. S. Department of Agriculture.

McGraw Hill Higher Education



# MyPyramid—The New Tool for Diet Planning



In April 2005 USDA unveiled **MyPyramid**, a new symbol for their interactive Food Guidance System. Entitled "Steps to a Healthier You," MyPyramid emphasizes an individualized approach to improving diet and lifestyle. Its goal is to provide nutrition advice that will help us live longer, better and healthier lives. MyPyramid replaces the Food Guide Pyramid introduced in 1992.

MyPyramid incorporates recommendations from the *2005 Dietary Guidelines for Americans*. Overall, MyPyramid translates that advice into 12 separate pyramids based on calorie needs (1000 to 3200 kcal/day).

The MyPyramid symbol represents the recommended proportion of foods from each food group to create a healthy diet. Physical activity is a new element in the symbol. Still, to get the individualized advice that is the hallmark of the plan, consumers need to utilize the web site, **MyPyramid.gov**. The USDA is also preparing a booklet that will summarize this information.

### The symbol MyPyramid is designed to illustrate:

- ◆ **Personalization**, demonstrated by the MyPyramid Web site.
- ◆ **Gradual improvement**, encouraged by the statement, "Steps to a Healthier You."
- ◆ **Physical activity**, represented by the steps and the person climbing them.

- ◆ **Variety**, symbolized by the six color bands representing the five food groups and oils. Foods from all groups are needed each day for good health. Orange is for grains, green is for vegetables, red is for fruits, yellow is for oils, blue is for milk and milk products, and purple is for meat and beans.
- ◆ **Proportionality**, shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The bands are wider for grains, vegetables, and fruits since these groups

should form the bulk of one's diet. The narrowest band is for oils, indicating these should be eaten sparingly. All the widths are just a general guide, however, and not exact proportions. Check MyPyramid.gov for the amount that is right for you.

- ◆ **Moderation**, represented by the narrowing of each food group from bottom to top.

The wider base stands for foods with little or no solid fats, added sugars or caloric sweeteners, and salt. These should be selected more often to get the most nutrition from calories consumed.

### An innovative aspect of MyPyramid is the interactive technology found on MyPyramid.gov. This includes:

**MyPyramid Plan** - provides a quick estimate of what and how much food one should eat from the different food groups by entering age, gender, and activity level. **MyPyramid Tracker** - provides more detailed information on diet quality and physical activity status by comparing a day's worth of foods eaten with current nutrition guidance. It allows the user to select from 8,000 foods and 600 activities. Nutrition and physical activity messages are tailored to the individual's need to maintain current weight or to lose weight.

**Inside MyPyramid** - provides in-depth information for every food group, including recommended daily amounts in commonly used measures, like cups and ounces, with examples and everyday tips. The section

**Anatomy of MyPyramid**  
One size doesn't fit all  
USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

**Activity**  
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

**Moderation**  
Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

**Personalization**  
Personalization is shown by the person on the steps, the colors, and the URL. Find the right size and amount of food to eat each day at MyPyramid.gov.

**Proportionality**  
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

**Variety**  
Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

**Gradual Improvement**  
Gradual improvement is encouraged by the design. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

USDA U.S. Department of Agriculture  
MyPyramid.gov  
STEPS TO A HEALTHIER YOU

GRAINS VEGETABLES FRUITS MILK MEATS & BEANS