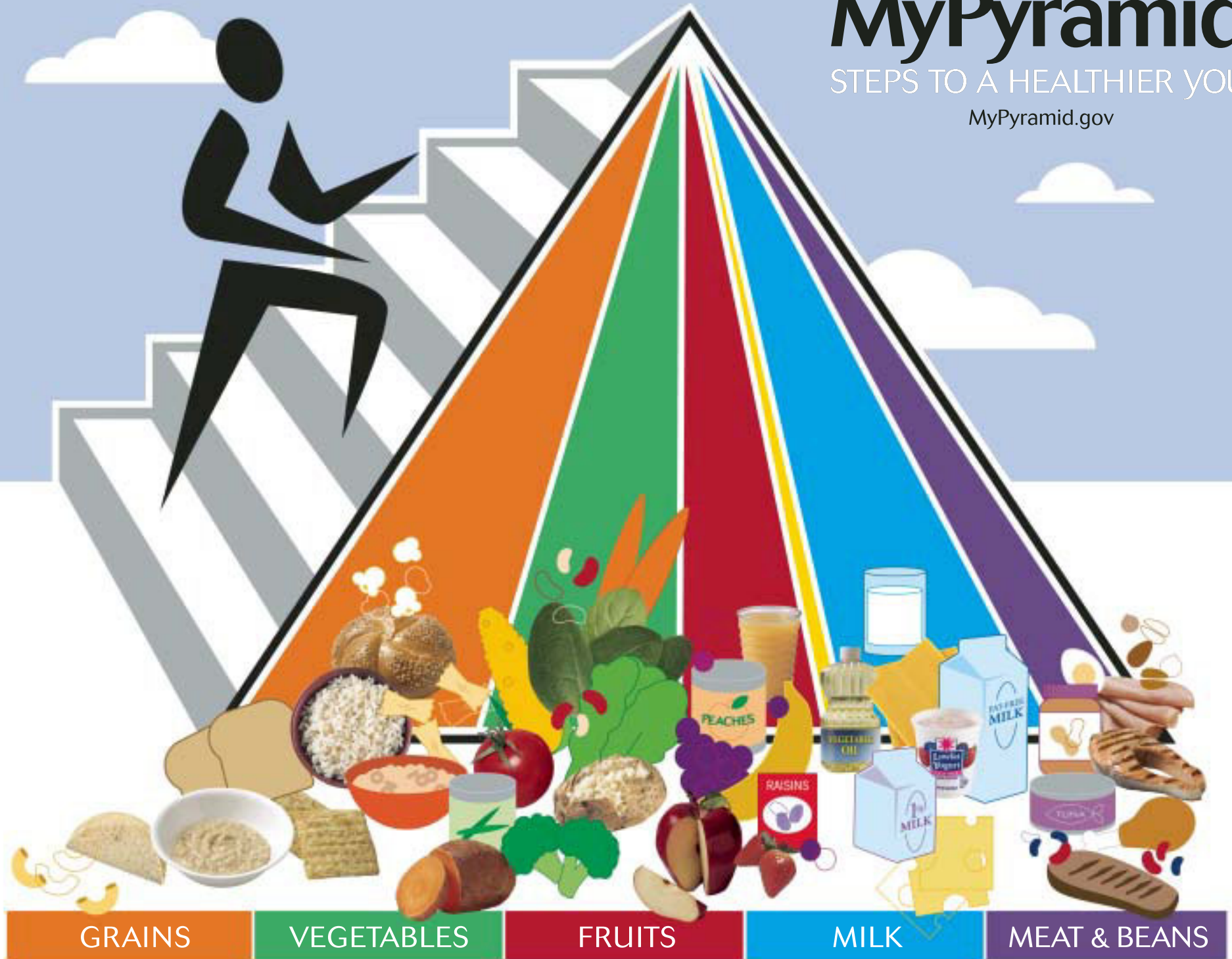


MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

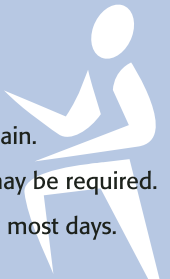
GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

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; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
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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, 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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 Center for Nutrition Policy and Promotion
 April 2005
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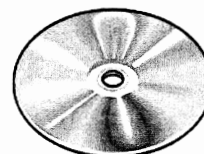
Making Sense of Portion Sizes



Below are some ways you can help others picture food portions using everyday objects. Using these everyday examples can help show others that they may actually be eating more food than recommended by the 2005 food guidance system.

The Grain Group

- 1/2 cooked cup rice (1 ounces)is a tennis ball, ice cream scoop
- 1 pancake (1 ounce)is a compact disc (CD)
- 1 piece of cornbread (2 ounces)is a bar of soap
- 1 slice of bread (1 ounce)is an audiocassette tape
- 1 cup of pasta/spaghetti (2 ounces)is a fist*
- 1 cup of cereal flakes (1 ounce)is a fist*



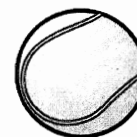
The Vegetable Group

- 1 cup green salad.....is a baseball or a fist*
- 1 medium baked potato (1 cup)is a fist*
- 1/2 cup cooked broccoli.....is a scoop of ice cream or a light bulb
- 1/2 cup serving.....is 6 asparagus spears; 7 or 8 baby carrots or carrot sticks or 1 ear of corn on the cob



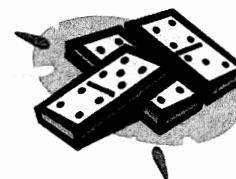
The Fruit Group

- 1/2 cup of grapes (15 grapes).....is a light bulb
- 1/2 cup of fresh fruit.....is 7 cotton balls
- 1 medium size fruit.....is a tennis ball or a fist*
- 1 cup of cut-up fruit.....is a fist*
- 1/4 cup raisins.....large egg



The Milk Group

- 1 1/2 ounces hard cheese.....is a 9-volt battery, 3 dominoes
(counts as 1 cup of milk) or your index and middle fingers*
- 1 ounce of processed cheese.....is your thumb*
(counts as 1/2 cup milk)
- 1 cup of ice cream.....is a large scoop the size of a baseball
(counts as 3/4 cup milk)



*(Note: hands and finger sizes vary from person to person! These are GUIDES only).

The Meat & Beans Group

- 2 tablespoons peanut butter (counts as 2 oz. meat).....is a ping-pong ball
- 1 teaspoon peanut butter (counts as 1/3 oz. meat).....is a fingertip*
- 1 tablespoon peanut butter (counts as 1 oz. meat).....is a thumb tip*
- 3 ounces cooked meat, fish, poultry.....is a palm, a deck or cards
or a cassette tape
- 3 ounces grilled/baked fish.....is a checkbook
- 3 ounces cooked chicken.....is a chicken leg and thigh or breast



Fats, Sugars and Sodium (discretionary calories)

- 1 teaspoon butter, margarine.....is the size of a stamp the thickness
(counts as 38 discretionary calories) of your finger or a thumb tip*
- 2 tablespoons regular salad dressing.....is a ping-pong ball
(counts as approximately 150 discretionary calories)

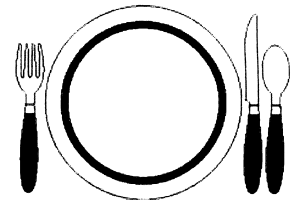


Snack Foods

- 1 ounce of nuts or small candies.....is one handful*
- 1 ounce of pretzels.....is two handfuls*
- 1/2 cup of popcorn.....is one man's handful*
- 1/3 cup of popcorn.....is one woman's handful*

Serving Dishes/Utensils

- 1/2 cup.....is a small fruit bowl, a custard cup or
mashed potato scoop
- 1 1/2 cups.....is a large cereal/soup bowl
- 1 1/2 cups of pasta, noodles.....is a dinner plate, not heaped
- 1/2 cup of pasta, noodles.....is a cafeteria vegetable dish



You might want to know that...

- 1 cupped hand holds 2 tablespoons of liquid if you don't have measuring spoons
- 1 slice of bread is one ounce or 1 serving; some rolls or bagels weigh 3 to 5 ounces or
more making them equal to 3 to 5 servings of bread

*(Note: hands and finger sizes vary from person to person! These are GUIDES only).

Adapted from Ellen Schuster, Oregon State University



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

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This material was funded by USDA's Food Stamp Program.

Body Mass Index Table

		Normal					Overweight					Obese										Extreme Obesity														
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

... and justice for all

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Spending Calendar

	January	February	March	April	May	June	July	August	September	October	November	December	Yearly Total	Monthly Average
Holidays														
Birthdays														
Educational Expenses (Tuition, School Supplies)														
Car Registration														
Planned Auto Maintenance														
Car Insurance														
Life Insurance														
Health Insurance														
Property Insurance														
Newspaper & Magazine Subscriptions														
Memberships/Dues														
Taxes														
Other:														

Other:														

Total														