



# Our Local Food Guide Pyramid



## Steps to a Healthier You!

<b>GRAINS</b> <b>6 oz. daily*</b>	<b>VEGETABLES</b> <b>2½ cups daily*</b>	<b>FRUITS</b> <b>2 cups daily*</b>	<b>MILK</b> <b>3 cups daily*</b>	<b>MEAT &amp; BEANS</b> <b>5½ oz. daily*</b>
<p><b>Make half your grains whole</b></p> <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><b>Vary your veggies</b></p> <p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.</p> <p>Eat more orange vegetables like carrots and sweet potatoes.</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils.</p>	<p><b>Focus on fruits</b></p> <p>Eat a variety of fruits.</p> <p>Choose fresh, frozen, canned, or dried fruits.</p> <p>Go easy on fruit juices.</p>	<p><b>Get your calcium-rich foods</b></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><b>Go lean with protein</b></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>

### PHYSICAL ACTIVITY

**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.

### FATS, SUGARS, AND SALT

**Know the limits on fats, sugars and sodium**

Make the 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.

\* For a 2,000-calorie diet, you need these amounts from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov). For kids ages 2 - 8, the daily amount of milk should be 2 cups. Source: USDA Center for Nutrition Policy and Promotion.