

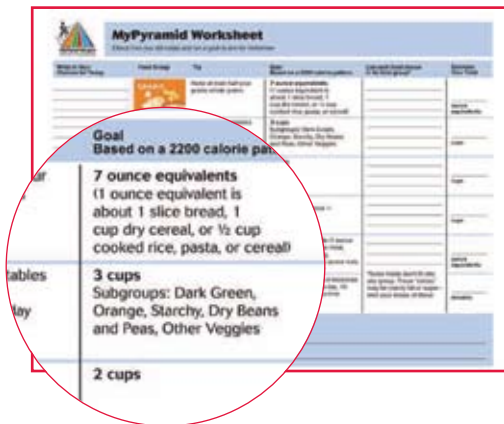
# Guide to Good Eating

## Go Online to Create Your Own Personal Pyramid

Here's a sample:



[www.mypyramid.gov](http://www.mypyramid.gov) also features a Meal Tracking Worksheet to help you reach your healthy eating goals.



Visit [www.mypyramid.gov](http://www.mypyramid.gov) or call **1-888-7PYRAMID** for your personalized pyramid.

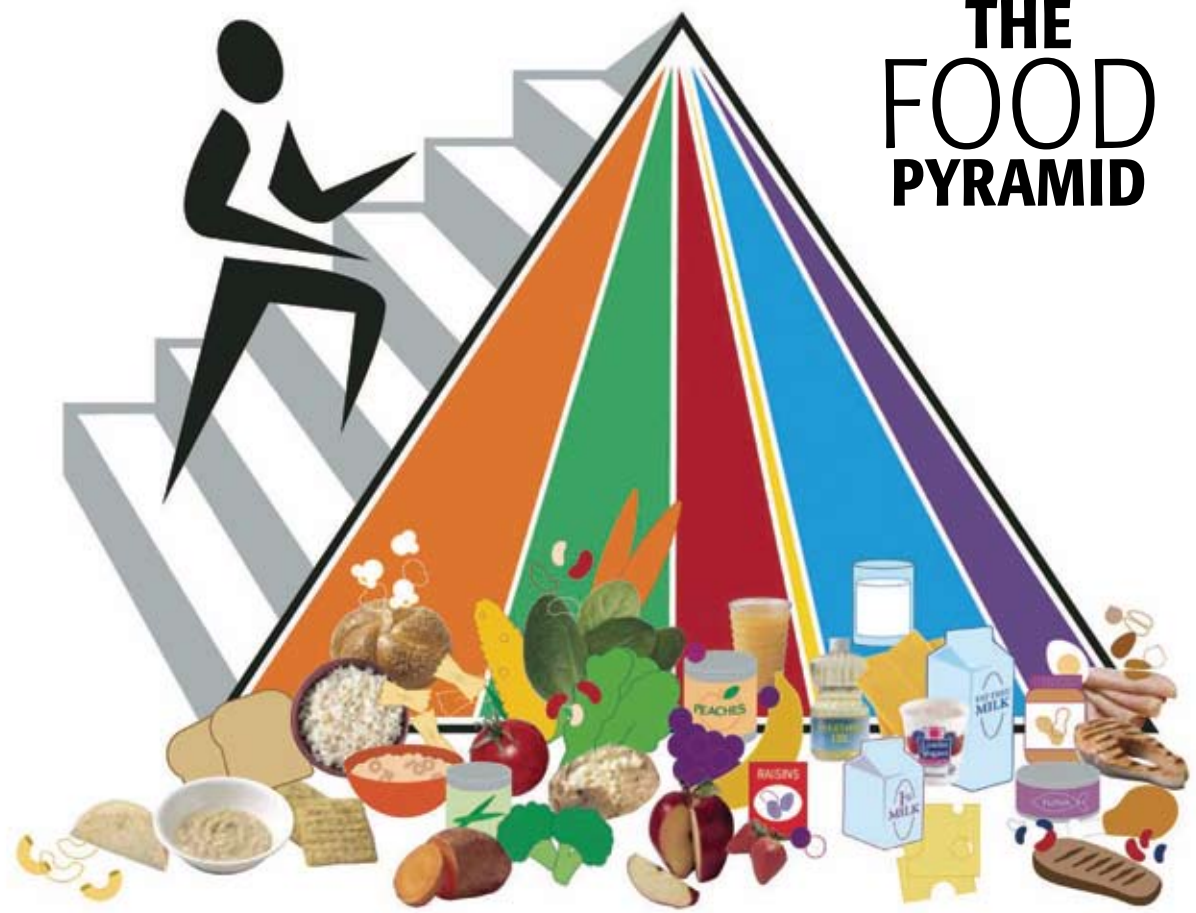


## Discover the Food Pyramid

In April 2005, the US Department of Agriculture introduced a food pyramid that can be adjusted to your individual lifestyle. Based on your age, sex, and level of activity, serving amounts from each food group are personalized to fit your lifestyle needs.

## Steps to a Healthier You

The person climbing the steps of the food pyramid (shown inside) serves as a reminder of the importance of daily physical activity. Talk to your doctor about an exercise program that's right for you. Combine exercise with your personalized pyramid to improve your diet and lifestyle every day.



# THE FOOD PYRAMID

*Look inside to see how the food pyramid works.*



Grains	Vegetables	Fruits	Oils	Milk	Meats & Beans
Eat at least 3 oz of whole-grain cereals, breads, crackers, rice, or pasta every day. <b>Limit:</b> Egg-rich breads, biscuits, stuffing mixes, granola, cookies, pies, and cakes.	Eat more dark green veggies. <b>Limit:</b> Vegetables that are deep-fried or served in a butter or cheese sauce.	Eat a variety of fruits. Go easy on fruit juices. <b>Limit:</b> Processed fruits and coconut.	Make the most of your fat sources from fish, nuts, and vegetable oils. <b>Limit:</b> Solid fats, such as butter, stick margarine, shortening, and lard.	Go low-fat or fat-free. If you don't or can't consume milk, choose lactose-free products or other calcium sources. <b>Limit:</b> Whole and 2% milk or yogurt, ice cream, most cheeses, and cream.	Choose low-fat or lean meats and poultry—bake it, broil it, or grill it. Eat more fish, beans, peas, and nuts. <b>Limit:</b> Fatty meats, cold cuts, sausage, liver, and egg yolks.