

## What are healthy food choices?

In April of 2005, the United States Department of Agriculture (USDA) released a new food guidance system, MyPyramid, based on the 2005 Dietary Guidelines for Americans. According to the USDA, the MyPyramid “symbolizes a personalized approach to healthy eating and physical activity”. The USDA encourages beginning with one small change each day to make improvements in your health.

### GRAINS

Make half your grains whole or pasta every day      Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day      1 ounce is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta

Eat 6 ounces every day \*

### VEGETABLES

Vary your veggies greens      Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens      Eat more orange vegetables like carrots and sweet potatoes      Eat more dry beans and peas like pinto beans, kidney beans, and lentils      Eat 2-1/2 cups every day \*

### FRUITS

Focus on fruits      Eat a variety of fruit      Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

Eat 2 cups every day \*

### MILK

Get your calcium-rich products      Go low-fat or fat-free when you choose milk, yogurt, and other milk products      If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

Get 3 cups every day; for kids aged 2 to 8, it's 2 cups \*

### MEAT & BEANS

Go lean with protein      Choose low-fat or lean meats and poultry      Bake it, broil it, or grill it

Vary your protein routine -- choose more fish, beans, peas, nuts and seeds      Eat 5-1/2 ounces every day \*

\*For a 2,000-calorie diet, you need the amounts listed above from each food group.

Find 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 at 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.

## About the Author

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Source: <http://www.eatsee.com>