

## MyPyramid Nutrition Program



Your personal nutrition plan is based on your metabolism and designed to meet your personal health goals (for example weight loss, weight gain or weight maintenance...) **MyPyramid.gov** is the guideline used to determine your overall nutrition needs. Use the **MyPyramid.gov** website to learn more in depth information about your plan.

### What is a "Healthy Diet"?

The Dietary Guidelines describe a **healthy diet** as one that

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

1600-1800 Calories	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Grains Group</b> 5-6 ounces	①②③ ④⑤⑥						
<b>Vegetables</b> 2-2½ cups	①②③	①②③	①②③	①②③	①②③	①②③	①②③
<b>Fruit</b> 1 ½ cups	①②	①②	①②	①②	①②	①②	①②
<b>5 teaspoons fats &amp; oils</b>	①②③ ④⑤						
<b>Low Fat or fat free dairy foods</b> 3 cups	①②③	①②③	①②③	①②③	①②③	①②③	①②③
<b>Meat and or beans</b> 5 ounces	①②③ ④⑤						
<b>Discretionary</b> 132-195 calories							
<b>Fluid</b> 8 cups (2 liters or ½ gallon) Each bubble= 8 oz	①②③④ ⑤⑥⑦⑧						

Other healthy alternative nutrition programs also include the  
 DASH program <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>  
 AHA program <http://www.americanheart.org/presenter.jhtml?identifier=3007654>

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