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

## VEGETABLES
Vary your veggies
- Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.
- Eat more orange vegetables like carrots and sweetpotatoes.
- Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

## FRUITS
Focus on fruits
- Eat a variety of fruit.
- Choose fresh, frozen, canned, or dried fruit.
- Go easy on fruit juices.

## MILK
Get your calcium-rich foods
- 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.

## 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.

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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.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>Eat 6 oz. every day</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Eat 2 1/2 cups every day</td>
</tr>
<tr>
<td>Fruits</td>
<td>Eat 2 cups every day</td>
</tr>
<tr>
<td>Milk</td>
<td>Get 3 cups every day; for kids aged 2 to 8, it’s 2</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>Eat 5 1/2 oz. every day</td>
</tr>
</tbody>
</table>

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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.