

# FitFuture

strategies for better living.

## Series on Fitness & Nutrition for Families

### MyPyramid's 7 Key Messages for Eating Well and Being Active

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MyPyramid is the centerpiece of the U.S. Department of Agriculture's (USDA) food guidance system. It serves as a representation of the most recent nutrition science and knowledge used to educate and motivate Americans to eat well and be active. Below are the 7 key messages for nutritious eating and physical activity behaviors:

#### Whole Grains *Make at least half your grains whole*

- Eat at least 3 ounces of whole grain bread, cereal, pasta, rice and crackers every day.
- Look for "whole" before the grain name on the ingredients list.

#### Vegetables *Vary your veggies*

- Eat more dark green veggies
- Eat more orange veggies
- Eat more dry beans and peas

#### Fruit *Focus on Fruit*

- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit
- Go easy on fruit juice

#### Milk *Get your calcium-rich foods*

- Go low-fat or fat-free
- If you cannot or do not want to drink milk, choose lactose-free products or alternative calcium sources like soy milk

#### Oils *Know your fats*

- Get most of your fat from foods like fish, nuts and vegetable oils
- Limit solid fats like butter, stick margarine, shortening and lard

#### Meat and Beans *Go lean on protein*

- Choose low-fat or lean meat and poultry
- Bake, broil and grill
- Vary your choices and eat more fish, beans, peas, nuts and seeds

#### Physical Activity *Find your balance between food and physical activity*

- Be physically active for at least 30 minutes a day, most days of the week
- Children and teens should be active for 1 hour every day

There is so much more to learn online! MyPyramid.gov offers personalized eating plans and interactive tools to help you and your family members make smart and balanced choices, find a balance between food and physical activity, get the most nutrition from calories and stay within daily needs. Resources are available to help parents in "MyPyramid for Kids." For all this and more, visit [www.MyPyramid.gov](http://www.MyPyramid.gov) today!