

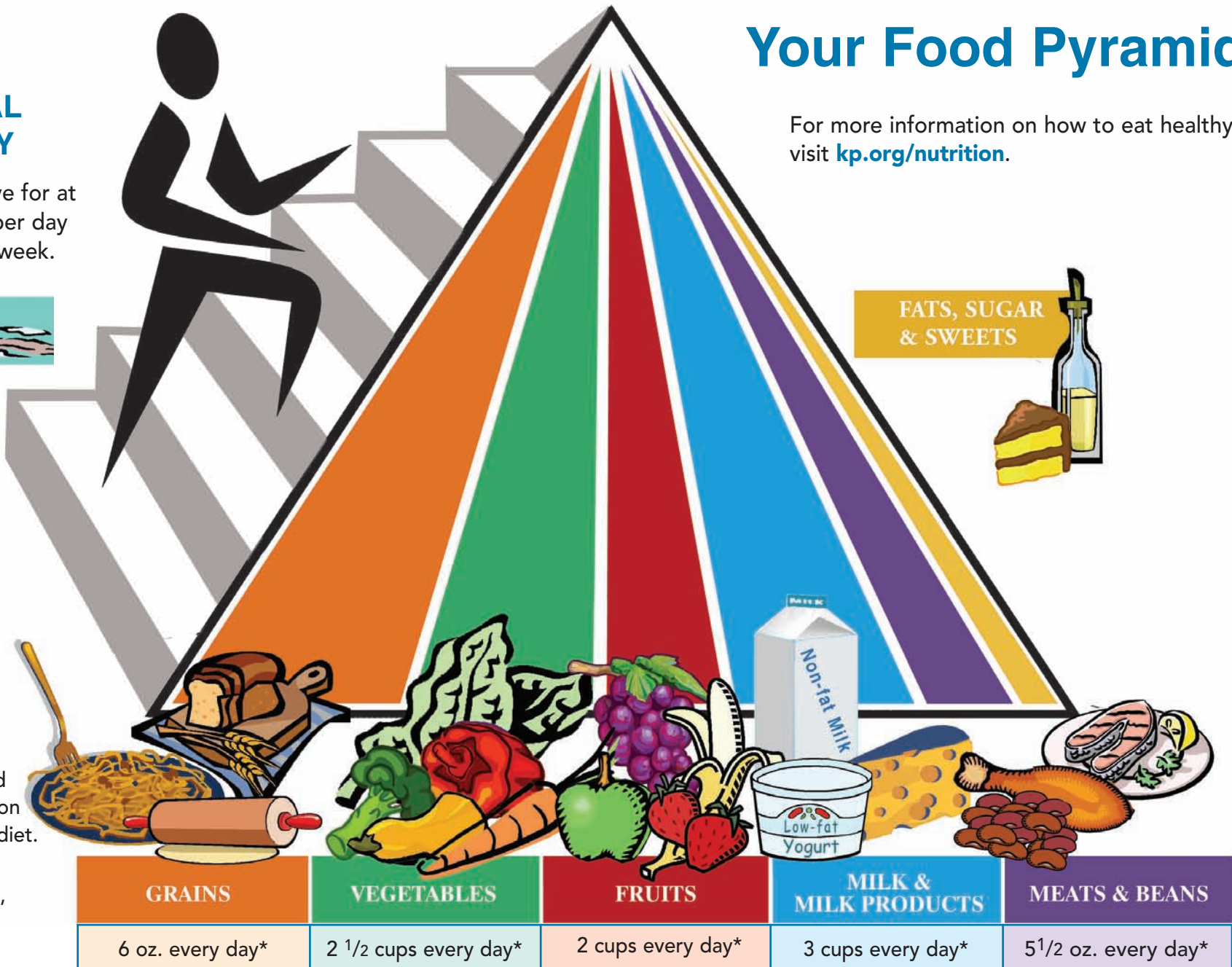
# MAKING HEALTHY CHOICES

## Your Food Pyramid

For more information on how to eat healthy, visit [kp.org/nutrition](http://kp.org/nutrition).

### PHYSICAL ACTIVITY

Be physically active for at least 30 minutes per day most days of the week.



\* These recommended amounts are based on a 2,000 calorie/day diet.

✓ More information about calorie needs, daily amounts, tips, and food examples are on the other side of this page.

GRAINS	VEGETABLES	FRUITS	MILK & MILK PRODUCTS	MEATS & BEANS
6 oz. every day*	2 1/2 cups every day*	2 cups every day*	3 cups every day*	5 1/2 oz. every day*

<p><b>GRAINS</b> 6 oz. every day*</p> <p>1 oz. = 1 slice of bread 1 cup of ready-to-eat cereal 1/2 cup of rice, pasta, or cooked cereal, like oatmeal 1 corn tortilla (6" diameter) 3 cups of popcorn</p>	<ul style="list-style-type: none"> <li>• Get more fiber, eat more whole grains everyday.</li> <li>• Choose a whole grain breakfast cereal.</li> <li>• Use whole grain bread or a roll for your sandwich.</li> <li>• Stock your pantry with brown rice, whole grain pasta, and low-fat, whole grain crackers.</li> </ul>	<p><b>MEATS &amp; BEANS</b> 5 1/2 oz. every day*</p> <p>1 oz. = 1 oz. of meat, fish, or poultry 1 egg 1 tbsp. of peanut butter 1/2 cup of cooked beans 1/4 cup of nuts and seeds 1/2 cup of tofu</p>	<ul style="list-style-type: none"> <li>• Choose low-fat or lean meat and poultry. Bake, broil, or grill it.</li> <li>• Vary your protein choices with more fish, beans, and peas.</li> <li>• Choose chicken or turkey without the skin.</li> <li>• Eat more beans and peas like pinto beans, kidney beans, and lentils.</li> <li>• Choose nuts as a snack, and add them to salads and main dishes to replace meat or poultry choices.</li> <li>• Selecting no more than 12 oz. of fish a week helps your heart while limiting your exposure to toxins.</li> </ul>
<p><b>VEGETABLES</b> 2 1/2 cups every day*</p> <p>Choose dark green, orange, and starchy vegetables. Try to vary your vegetable.</p> <p>1 cup = 1 cup of raw or cooked vegetables or vegetable juice</p>	<ul style="list-style-type: none"> <li>• Spruce up a sandwich with more vegetables such as tomatoes, lettuce, and sprouts.</li> <li>• When eating out, swap french fries for a serving of plain vegetables or salad with low-fat dressing.</li> <li>• Enjoy veggie sticks with a low-fat yogurt dip, cottage cheese, or hummus.</li> </ul>	<p><b>FAT</b> Choose healthy fats found in fish, nuts, and most vegetable oils. Limit foods with saturated fats or trans fats. Select baked, steamed, or broiled foods instead of fried foods. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain them, such as baked goods, gravies, creamy sauces, sour cream and some salad dressings.</p>	
<p><b>FRUITS</b> 2 cups every day*</p> <p>Choose fresh, dried, or frozen fruits. Select fruits canned in their own juice.</p> <p>1 cup = 1 cup of fresh fruit 1/2 cup of dried fruit 1 medium apple</p>	<ul style="list-style-type: none"> <li>• Keep a bowl of fresh fruit on the table, counter, or in the refrigerator.</li> <li>• To increase fiber, choose whole or cut up fruit rather than juice.</li> <li>• Have fruit as a dessert, or add fruit to low-fat or non-fat yogurt.</li> </ul>	<p><b>SUGAR &amp; SWEETS</b> Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutritional benefits. Drink water, unsweetened or artificially sweetened (or zero calorie) beverages instead of regular soda. For dessert or a snack, choose fresh fruit, low-fat yogurt, or popcorn without butter instead of high calorie foods such as baked goods, pastries, cookies, candy bars, and ice cream.</p>	
<p><b>MILK &amp; MILK PRODUCTS</b> 3 cups every day*</p> <p>1 cup = 1 1/2 oz. hard cheese or 2 oz. processed cheese 8 oz. low-fat (1%) milk 8 oz. soy milk, calcium fortified</p> <p>Pick low-fat or non-fat options when you choose milk, yogurt, or other milk products. If you don't drink milk, choose lactose-free products or other calcium-fortified foods and beverages.</p>	<ul style="list-style-type: none"> <li>• Add a slice of low-fat or non-fat cheese to a sandwich.</li> <li>• Stock up on string cheese and low-fat or non-fat yogurts for lunches or snacks.</li> <li>• Start your day with dairy: whole-grain cereal and low-fat (1%) or non-fat milk or fruit and low-fat (1%) or non-fat yogurt.</li> <li>• Make a smoothie with a cup of low-fat or non-fat yogurt, your favorite fruit, and ice.</li> </ul>	<p><b>ALCOHOL</b> If you choose to drink alcohol, do so in moderation. Moderate drinking means up to 1 drink a day for women and up to 2 drinks a day for men. One drink is 12 oz. of regular beer, 5 oz. of wine, or 1 1/2 oz. of 80-proof distilled spirits. Remember that alcoholic beverages have calories and are low in nutritional value.</p> <p>* These recommended amounts are based on a 2,000 calorie/day diet. Your actual calorie needs may be higher or lower than 2,000 calories, depending on your age, gender, activity level, and health goals. For example, 2,000 calories/day are needed by a 30-year old woman who exercises at least 30 to 60 minutes a day and also by a 61-year-old man who is active for less than 30 minutes a day. For more information, please visit <a href="http://MyPyramid.gov">MyPyramid.gov</a>, where you can also get a pyramid customized with a calorie level that meets your health goals.</p>	

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.