

Journey inside MyPyramid



Searching for healthy eating tips that can help improve your health? If so, get ready to trek to a pyramid. **Nutrition FUNDamentals** uses the U.S. Department of Agriculture's (USDA) *MyPyramid* Plan as a helpful roadmap to reach your nutrition goals and activities. USDA's *MyPyramid* offers a personalized approach to healthy eating and physical activity.

- Orange – Grains
- Green – Veggies
- Red – Fruits
- Yellow – Oils
- Blue – Milk
- Purple – Meat and beans



The parts of the pyramid symbol serve to remind you about:

- Finding the kinds and amounts of food to eat each day
- Choosing foods from each group and knowing appropriate serving sizes
- Eating a variety of foods from all groups for good health
- Taking steps to improve your diet and lifestyle each day
- Making time for daily physical activity



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A nutrition expedition



The amount you need to eat daily from each food group depends on your age, gender and level of physical activity. Total daily recommended amounts are shown in the charts found at www.mypyramid.gov/pyramid/index.html. You'll also discover resources that:

- Calculate your daily calorie needs
- Recommend servings from each food group
- Offer a week's worth of sample menus

Create your own plan

MyPyramid offers a lot of steps, tips and advice to guide you through the nutrition journey, so choose the steps that are right for you. Consider these tips:

Be realistic – Small steps tend to be easier than giant leaps. Change your eating patterns over time.

Be adventurous – Explore new foods and give your taste buds a new experience.

Be sensible – You can still enjoy the foods you like—just don't over-indulge.

Be active – Add physical activity to your daily routine. Finding the right balance between food and physical activity is the key to better health.

The journey to good health starts with you. Use *MyPyramid* as your food guidance plan and make each part count—today and every day.

