

# Let MyPyramid Guide You to Healthy Choices!



MyPyramid is a guide to help you make the best choices for better health. Here are some simple steps you can take.

## Step up and be active each day.

Do a little bit more each day until you are active at least 30 minutes a day. More if you want to lose weight.

## Eat foods from each of the five food groups each day:

- Grains
- Veggies
- Fruits
- Milk
- Meat and Beans



## Eat different foods from each food group each day.

- Try not to eat the same food from each group all the time. Some days eat broccoli, some days eat carrots.



## Eat more foods from the wider group triangles: Grains, Veggies and Milk.

- You need more of these foods to keep you healthy.

## Eat less from the other groups: Fruit, Meat and Beans as well as Oils.

- These groups are smaller on the Pyramid to tell us to eat less food from these groups.

## Eat more foods from the bottom and less from the top.

- Foods at the bottom of each food group have less added sugar, fats and oils like baked chicken and fresh apples
- Foods at the top of each food group have more added sugar, fats and oils like fried chicken and apple pie.

# Remember let the Pyramid be your guide!

For more info go to [www.MyPyramid.gov](http://www.MyPyramid.gov)



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at [www.NJHelps.org](http://www.NJHelps.org) or to learn more go to [www.fns.usda.gov/sp](http://www.fns.usda.gov/sp). If you need help finding your local SNAP office in NJ call 1-800-792-9773, others call 1-800-221-5889.

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