### 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 ½ 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 sweet potatoes
- 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.

- Eat 6 oz. every day
- Eat 2½ cups every day
- Eat 2 cups every day
- Get 3 cups every day; for kids aged 2 to 8, it’s 2
- Eat 5½ oz. every day

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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.