

Avoid Portion Distortion

With MyPyramid's Specific Guidelines



Portion sizes have gotten bigger over the past 20 years, and so are Americans! Larger portions add up. Just 100 extra calories per day can lead to a weight gain of 10 pounds per year. Maintaining a healthy weight is a balancing act — try to balance calories in with calories out.

The new MyPyramid gives more specific guidelines about the types and AMOUNTS of foods to eat than the previous Food Guide Pyramid.

Portion Distortion

20 YEARS AGO TODAY DIFFERENCE



333 Calories



590 Calories

257 MORE CALORIES

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*



500 Calories



850 Calories

350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*



500 Calories



1,025 Calories

525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO TODAY DIFFERENCE

8 oz.



85 Calories

20 oz.



250 Calories

165 MORE CALORIES

Working in the garden **35 MINUTES** burns approximately 165 calories* **Based on 160-pound person*



210 Calories



500 Calories

290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*



270 Calories



630 Calories

360 MORE CALORIES

Doing water aerobics for **1 HOUR AND 15 MINUTES** burns approximately 360 calories* **Based on 160-pound person*

MyPyramid Tells You Exact Amounts

The amounts below are daily totals for a 2,000 calorie diet.

To get a personalized diet plan, go to <http://MyPyramid.gov> and enter your age, sex, and activity level.

Fruits



Eat the equivalent of 2 cups of fresh, canned or frozen fruits

Note this equivalent:
• ¼ cup dried fruit = ½ cup fruit

Vegetables



Eat the equivalent of 2½ cups of raw or cooked vegetables

Note this equivalent:
• 2 cups raw leafy greens = 1 cup of vegetable

Dairy Products



Consume 3 cups of fat-free or low-fat milk or equivalent milk products

Ages 2-8: 2 cups / Ages 9 & up: 3 cups

Equivalents:
• 8 oz. milk • 1½ oz. natural cheese
• 1 cup yogurt • 2 oz. processed cheese

Grains



Eat 6 ounce-equivalents

3 ounce-equivalents or more of **whole-grain products**. The remaining grains should come from **enriched** or **whole-grain products**.

Equivalents:
• 1 slice bread • 1 cup ready-to-eat cereal
• ½ cup cooked pasta, cooked rice or cooked cereal

Meat & Beans



Eat 5½ oz. (or equivalent) of lean meat, poultry or fish

Equivalents:
• 1 oz. meat, poultry or fish
• ¼ cup cooked dry beans or peas
• 1 egg
• 1 tablespoon peanut butter
• ½ oz. of nuts or seeds



Keep an Eye on Your Portion Sizes

Here are some ways to “eyeball” food portion amounts:



1 teaspoon = tip of a thumb to the first joint

1 tablespoon = 3 thumb tips



1½ ounces* of natural cheese = 9 dice

* Equivalent to 1 cup milk

3 oz. cooked meat, fish, or poultry = a deck of cards



Source: U.S. Department of Agriculture's <http://mypyramid.gov>