MyPyramid
USDA’s New
Food Guidance System
History of USDA’s Food Guidance

- **1916**: Food for Young Children
- **1940s**: 
- **1950s-1960s**: 
- **1970s**: 
- **1992**: 
- **2005**: MyPyramid.gov

Steps to a Healthier You
--1992--

Food Guide Pyramid

KEY
- Fat (naturally occurring and added)
- Sugars (added)

*These symbols show fats and added sugars in foods.*

- **Fats, Oils & Sweets**
  USE SPARINGLY

- **Milk, Yogurt & Cheese Group**
  2-3 SERVINGS

- **Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group**
  2-3 SERVINGS

- **Vegetable Group**
  3-5 SERVINGS

- **Fruit Group**
  2-4 SERVINGS

- **Bread, Cereal, Rice & Pasta Group**
  6-11 SERVINGS
2005
MyPyramid
Reasons for Revising—Updating the Science

• To ensure that the guidance reflects the latest nutrition science
  – New nutrient standards—DRI
  – New Dietary Guidelines
  – Food consumption and composition data
Reasons for Revising—Improving Implementation

• To improve the Pyramid’s effectiveness with consumers
  – Motivational tools—new graphic and slogan
  – Educational tools—education framework, consumer messages, website, and interactive tools
Dietary Reference Intakes (DRIs)

- National Academy of Sciences, Institute of Medicine
- Recommended intake levels for vitamins, minerals, and macronutrients
- Current recommendations issued from 1997-2004
**Dietary Guidelines for Americans, 2005**

- Dietary recommendations for health promotion and chronic disease prevention
- Based on Dietary Guidelines Advisory Committee report, public comments
- For policymakers, health professionals
Guiding Principles—Unchanged

- Evolutionary
- Flexible
- Useful
- Realistic
- Overall Health
- Up-to-Date Research
- Total Diet
Stages in Development

Science base developed—2001 to 2004
• Technical analysis process to establish the food intake patterns—“what and how much to eat”
• Completed in concert with development of the 2005 Dietary Guidelines

Consumer presentation developed—2004 to 2005
• Food guidance system includes motivational and educational tools
• Messages and materials for consumers and professionals
Developing MyPyramid Food Intake Patterns
Developing Food Intake Patterns

1. Determine calorie needs
2. Set nutrient goals
3. Calculate nutrient profiles for each food group, based on
   • Nutrient content of foods in group
   • Food consumption
4. Construct food patterns that meet goals
Determine Calorie Needs

Estimated Energy Requirements* for males

*From the National Academy of Sciences, Institute of Medicine Dietary Reference Intakes Macronutrient Report
Set Nutrient Goals

What level of nutrients should each food intake pattern strive for?

- Goals based on Dietary Reference Intakes* and/or Dietary Guidelines standards for
  - 9 Vitamins
  - 8 Minerals
  - 8 Macronutrients (protein, carbohydrates, fats)

- Separate nutrient goals set for each age/sex group based on their needs

*From the National Academy of Sciences Institute of Medicine
Calculate Nutrient Profiles

*Determine amount of a nutrient each food group provides*

For example: What is the vitamin A content of a typical dark green vegetable?

- **Cooked Spinach**: 943 µg per cup
- **Cooked Broccoli**: 153 µg per cup
Nutrient Profiles

How much of each dark green vegetable (DGV) is consumed?

- Cooked Spinach: 15%
- Cooked Broccoli: 36%
- All other DGV: 49%
## Nutrient Profiles

**Calculate weighted average of vitamin A in DGV**

<table>
<thead>
<tr>
<th></th>
<th>Spinach</th>
<th>Broccoli</th>
<th>Other DGV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weighted Average</td>
<td>$(943 \times 0.15) + (153 \times 0.36) + \ldots + \ldots, \text{etc.}$</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Result</td>
<td>$334 \ \mu g/cup$</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Nutrient Profiles

• A profile is calculated for all nutrients in each food group and subgroup.

• Calculations are based on “nutrient dense forms” of each food—lean or lowfat, with no added sugar

\[
\text{Nutrient profile of food group} = \sum_{i=1}^{n} \left( \text{Nutrient contribution of each food} \times \text{Likelihood of each food being eaten} \right)
\]
Construct Food Intake Patterns

- Establish initial amount from each food group
- Compare resulting nutrient content to nutritional goals
- Change amounts from food groups stepwise
  - Identify groups or subgroups that are the most feasible nutrient sources
  - Check amounts recommended against typical consumption
- Remaining calories after nutrient needs were met were identified as “discretionary calories”
Discretionary Calories

A new concept first described by the 2005 Dietary Guidelines Advisory Committee

Discretionary calories = Total estimated energy requirement — Essential calories*

*Essential calories are the calories needed to meet nutrient requirements when consuming foods in lean, low-fat, and no-added-sugar forms.
Discretionary Calories
May be used to:

• Increase amount of food selected from a food group
• Consume foods that are not in the lowest fat form—such as 2% milk or medium-fat meat or items that contain added sugars
• Add oil, fat, or sugar to foods
• Consume alcohol (for those who consume alcohol)
MyPyramid
Recommendations Compared to Consumption

Bars show percent change needed in consumption to meet recommendations

-100 0 100 200
Percent change

Females 31-50 Males 31-50

Fruits  Vegetables  Grains  Meat & Beans  Milk

Increases  Current Consumption  Decreases
Fat, Oil & Added Sugars
Allowances Compared to Consumption

Bars show percent change needed in consumption to meet recommendations

-100
-50
0
50
100
Percent Change

Females 31-50  Males 31-50

Solid fats  Oils  Added sugars

Increases
Current Consumption
Decreases
Vegetable Recommendations Compared to Consumption

Consumed*
- Dark Green Vegetables: 6%
- Legumes: 7%
- Starchy Vegetables: 48%
- Orange Vegetables: 30%
- Other Vegetables: 9%

Recommended*
- Dark Green Vegetables: 11%
- Legumes: 17%
- Starchy Vegetables: 17%
- Orange Vegetables: 17%
- Other Vegetables: 38%

*Females 31-50
Grain Recommendations Compared to Consumption

Consumed*

- 13% Whole Grains
- 87% Refined Grains

Recommended*

- 50% Whole Grains
- 50% Refined Grains

*Females 31-50
Food Intake Patterns

Completed in concert with development of Dietary Guidelines

- Published in 2005 Dietary Guidelines
- 12 patterns—ranging from 1000 to 3200 calories—to meet varied needs.

www.healthierus.gov/dietaryguidelines
Developing MyPyramid Consumer Presentation
Developing MyPyramid’s Consumer Presentation

- Systems approach for communications
- Input from stakeholders
- Consumer research
  - Understanding of messages
  - Appeal of potential designs/messages
- Development of materials
Systems Approach for Communications

To Include

• Graphic symbol and slogan
• Consumer messages
• Interactive guidance tools—personalized
• Print materials
• Materials for professionals
  – Food intake patterns
  – Educational framework
Consumer Research
Understanding of original Pyramid and potential messages

Sample findings:
• “Healthy eating” means variety, moderation, and eating fruits and vegetables.
• Pyramid depicts a healthy diet, but it is complicated
• Limited understanding of food group placement on graphic
• Need help understanding whole grains, types of fat
• A “serving” is “what is on my plate”
Daily Amounts in cups or ounces
Consumer Research

*Graphic and Slogan Development*

- Several rounds of qualitative testing
- Explored consumer reactions and appeal of images
- Tested a variety of graphic images
- Consumers preferred a pyramid-like shape
- Slogans and key messages also tested
Final Graphic Design

Activity

Moderation

Personalization

Proportionality

Variety

Gradual Improvement
Message:  Variety

In the Dietary Guidelines:
• Consume a variety of nutrient-dense foods and beverages within and among the basic food groups.

In MyPyramid graphic:
• Color bands represent that all food groups are needed each day for health.
Food Groups are Color Coded

Grain Group
Make half your grains whole

Vegetable Group
Vary your veggies

Fruit Group
Focus on fruits

Meat & Bean Group
Go lean with protein

Milk Group
Get your calcium-rich foods
Message: Proportionality

In the Dietary Guidelines:
• Adopt a balanced eating pattern.
  – Sufficient amount of fruits and vegetables,
  – 3 or more ounce equivalents of whole-grain products per day
  – 3 cup equivalents per day of fat-free or low-fat milk or milk products.

In MyPyramid graphic:
• Differing widths of the color bands suggest about how much food should be eaten from each group.
Message: Moderation

In the Dietary Guidelines:
- Limit intake of saturated and \textit{trans} fats, and choose products low in these fats.
- Make choices of meat, poultry, dry beans, and milk products that are lean, low-fat, or fat-free.
- Choose and prepare foods and beverages with little added sugars or calorie sweeteners.

In MyPyramid graphic:
- Food group bands narrow from bottom to top suggesting to eat nutrient-dense forms of foods.
Message: **Physical Activity**

**In the Dietary Guidelines:**
- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

**In MyPyramid graphic:**
- Steps and person on them symbolize that physical activity should be a part of everyday healthy living.
Additional Messages in the MyPyramid Graphic
To foster implementation

Personalization:
• The name “MyPyramid” suggests an individual approach.
• The person climbing the steps mentally links each viewer to the image.

Gradual Improvement:
• The slogan “Steps to a Healthier You” suggests that improvement should happen in stages, over time.
Mix up your choices within each food group.

Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches).

Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.

Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1/2 ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it’s 2 cups of milk. If you don’t or can’t consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/4 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.

Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Key food group messages from the Dietary Guidelines and MyPyramid:

**Focus on fruits.**

**Vary your veggies.**

**Get your calcium-rich foods.**

**Make half your grains whole.**

**Go lean with protein.**

**Know the limits on fats, salt, and sugars.**
Using MyPyramid
Consumer Materials
Consumer materials

Graphic image and slogan
Poster
Mini Poster
Website: MyPyramid.gov
MyPyramid Plan
MyPyramid Tracker
Inside MyPyramid

In development:
Kids materials
Spanish version
Print materials: Mini Poster
## Print materials: Mini Poster

### 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 1/2 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 2 1/2 cups every day**
- **Eat 2 cups every day**
- **Get 3 cups every day** for kids aged 2 to 8. It's 2.
- **Eat 5 1/2 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, stick 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.

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U.S. Department of Agriculture Center for Nutrition Policy and Promotion
April 2005 CNPP-15

USDA is an equal opportunity provider and employer.
MyPyramid Plan
Get a quick estimate of what and how much you need to eat.

One size doesn’t fit all. MyPyramid offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.
- Stay within your daily calorie needs.

MyPyramid food plans are designed for the general public ages 2 and over; they are not therapeutic diets. Those with a specific health condition should consult with a health care provider for a dietary plan that is right for them.

Spotlights

MyPyramid PodCasts
The MyPyramid video podcasts show how taking small steps can add up to real changes in your weight and health.

Click here to see a new public service announcement (PSA) series about MyPyramid.
MyPyramid Plan

Want to know the amount of each food group you need daily? Enter your information below to find out and receive a customized food guide.

Age: 
Sex: [Select]
Weight: [ ] pounds
Height: [ ] feet   [ ] inches

Physical Activity:
Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select] 

Submit
My Pyramid Plan

Based on the information you provided and the average needs for your age, gender and physical activity [Age: 54, Sex: male, Physical Activity: More than 60 minutes] your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 2800 calorie pattern*.

- **Grains**: 10 ounces
- **Vegetables**: 3.5 cups
- **Fruits**: 2.5 cups
- **Milk**: 3 cups
- **Meat & Beans**: 7 ounces

Click the food groups above to learn more.

* Make Half Your Grains Whole
Aim for at least 5 whole grains a day

** Vary Your Vegetables
Aim for this much every week:
- Dark Green Vegetables = 3 cups weekly
- Orange Vegetables = 2 1/2 cups weekly
- Dry Beans & Peas = 3 1/2 cups weekly
- Starchy Vegetables = 7 cups weekly
- Other Vegetables = 6 1/2 cups weekly

Oils & Discretionary Calories
Aim for 8 teaspoons of oils a day
Limit your extras (extra fats & sugars) to 374 Calories

*This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

View, Print & Learn More:
- Click here to view and print a PDF version of your results.
- Click here to view and print a PDF of a helpful Meal Tracking Worksheet.
- For more details on assessment of your diet quality and physical activity go to the My Pyramid Tracker.

You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF files.
# MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

<table>
<thead>
<tr>
<th>Write In Your Choices for Today</th>
<th>Food Group</th>
<th>Tip</th>
<th>Goal</th>
<th>List each food choice in its food group*</th>
<th>Estimate Your Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GRAINS</td>
<td>Make at least half your grains whole grains</td>
<td>6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup rice or pasta)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>VEGETABLES</td>
<td>Try to have vegetables from several subgroups each day</td>
<td>2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>FRUITS</td>
<td>Make most choices fruit, not juice</td>
<td>2 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MILK</td>
<td>Choose fat-free or low fat most often</td>
<td>3 cups (1 ½ ounces cheese = 1 cup milk)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MEAT &amp; BEANS</td>
<td>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds</td>
<td>5 ½ ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T. peanut butter, ½ ounce nuts, ½ ounce dry beans or peas)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PHYSICAL ACTIVITY</td>
<td>Build more physical activity into your daily routine at home and work.</td>
<td>At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Some foods don’t fit into any group. These “extras” may be mainly fat or sugar—limit your intake of these.

How did you do today? □ Great □ So-So □ Not so Great

My food goal for tomorrow is: __________________________

My activity goal for tomorrow is: ________________________
Inside the Pyramid

Grains
Make half your grains whole

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day.
- Look for "whole" before the grain name on the list of ingredients.

Related Topics
- Grains
- Vegetables
- Fruits
- Milk
- Meat & Beans
- Oils
- Discretionary Calories
- Physical Activity
For Professionals

The MyPyramid Web site provides information specifically for professionals, in addition to the content for consumers.

**Getting Started**

USDA has released the MyPyramid food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every day. This guide will help you navigate through the new MyPyramid system to educate consumers.

**Anatomy of MyPyramid** describes how the symbol can be used to teach MyPyramid’s key concepts. [PDF] [TEXT]

**Education framework** that provides key concepts of the MyPyramid food guidance system. These key concepts are not intended as direct consumer messages, but rather as a framework of ideas from which professionals can develop consumer messages and materials. [PDF] [TEXT]

**MyPyramid Food Intake Patterns** that identify what and how much food an individual should eat for health. The amounts to eat are based on a person’s age, sex, and activity level. [PDF] [TEXT]

**Food Intake Pattern Calorie Levels** that identify the calorie level assigned to an individual in the MyPyramid Plan, based on their sex, age, and activity level. [PDF] [TEXT]

**Sample menu at 2000 calorie level** that gives one example of how all of the recommendations for food group and nutrient intake can be integrated into a weekly menu. [PDF]

**Downloadable print materials for consumers**

- Mini Poster [PDF]
- MyPyramid Results Downloads
- Food Tracking Worksheet

You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF files.
MyPyramid Tracker

A tool for those desiring a more advanced analysis of their food intake and physical activity
MyPyramid Tracker

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity. MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523. The time required to complete this information collection is estimated to average 1.5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Assessment

Assess Your Food Intake
The online dietary assessment provides information on your diet quality, related nutrition messages, and links to nutrient information. After providing a day’s worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance. To give you a better understanding of your diet over time, you can track what you eat up to a year.

Assess Your Physical Activity
The physical activity assessment evaluates your physical activity status and provides related energy expenditure information and educational messages. After providing a day’s worth of physical activity information, you will receive an overall “score” for your physical activities that looks at the types and duration of each physical activity you did and then compares this score to the physical activity recommendation for health. A score over several days or up to a year gives a better picture of your physical activity lifestyle over time.

Access
New User Registration Profile

Welcome! To use MyPyramid Tracker, complete the information below to create a MyPyramid Tracker account. Your email address is optional and will be used only for sending your password hint should you request it. If you forget your password and do not supply an email address, you will need to create a new account. All other fields are required information. Any information you provide will not be shared with anyone. Click here to see how your personal information is stored.

User ID (6-20 characters; required):
Password (4-10 characters; required):
Confirm Password (required):
Password Hint (optional):
Email (optional):
Confirm Email (optional):
Zip Code (optional):

Note: A red asterisk ( * ) will automatically appear next to fields containing invalid input. For more detailed error information, press the Submit button when one or more fields are marked.
Comparison of Your Intake with MyPyramid Recommendations for John Doe

Your Pyramid Stats

- **Milk Intake**: 2 cup equivalent
- **Milk Recommendation**: 3 cup equivalent
- **Meat and Beans Intake**: 5.2 oz equivalent
- **Meat and Beans Recommendation**: 5.5 oz equivalent
- **Vegetables Intake**: 2 cup equivalent
- **Vegetables Recommendation**: 2.5 cup equivalent
- **Fruits Intake**: 0.8 cup equivalent
- **Fruits Recommendation**: 2 cup equivalent
- **Grains Intake**: 5.7 oz equivalent
- **Grains Recommendation**: 6 oz equivalent

Click directly on the 😊😊😊 emoticon (face) for more detailed dietary information.

<table>
<thead>
<tr>
<th>Dietary Guidelines Recommendations</th>
<th>Emoticon</th>
<th>Number of cup/oz. Equ. Eaten</th>
<th>Number of cup/oz. Equ. Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain</td>
<td>😊</td>
<td>5.7 oz equivalent</td>
<td>6 oz equivalent</td>
</tr>
<tr>
<td>Vegetable</td>
<td>😊</td>
<td>2 cup equivalent</td>
<td>2.5 cup equivalent</td>
</tr>
<tr>
<td>Fruit</td>
<td>😞</td>
<td>0.8 cup equivalent</td>
<td>2 cup equivalent</td>
</tr>
<tr>
<td>Milk</td>
<td>😐</td>
<td>2 cup equivalent</td>
<td>3 cup equivalent</td>
</tr>
<tr>
<td>Meat and Beans</td>
<td>😊</td>
<td>5.2 oz equivalent</td>
<td>5.5 oz equivalent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dietary Guidelines Recommendations</th>
<th>Emoticon</th>
<th>Amount Eaten</th>
<th>Recommendation or Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>😞</td>
<td>45.9% of total calories</td>
<td>20% to 35%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>😞</td>
<td>14.6% of total calories</td>
<td>less than 10%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>😊</td>
<td>258 mg</td>
<td>less than 300 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>😞</td>
<td>7406 mg</td>
<td>less than 2300 mg</td>
</tr>
<tr>
<td>Oils</td>
<td>*</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Discretionary calories (solid fats, added sugars, and alcohol)</td>
<td>*</td>
<td>*</td>
<td>*</td>
</tr>
</tbody>
</table>
Caloric Intake and Expenditure Summary
Click directly on the numbers in the table for more detailed information.

<table>
<thead>
<tr>
<th>Total Food Energy Intake</th>
<th>2375</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of Estimated Energy Requirement</td>
<td>105%</td>
</tr>
<tr>
<td>Estimated Energy Requirement (EER)</td>
<td>2255</td>
</tr>
<tr>
<td>Percent of Calories Expended from Physical Activity</td>
<td>10%</td>
</tr>
</tbody>
</table>

Your reported food energy intake is higher than your Estimated Energy Requirement for the day. An increase of 100 to 200 calories per day over time may result in some gradual weight gain.

**If you consume 100 calories more a day than you need, you could gain about 10 pounds per year. At 200 calories more a day, this will double the weight gained to 20 pounds per year.**
Healthy Eating History

FOOD ENERGY Intake History for John Doe

View History for: 1 day | 1 week | 1 month | 3 months | 6 months | 1 year

Average kcals: 2254
Average percent Estimated Energy Requirement: 107.8%
Adapting MyPyramid

The professionals’ role

Meeting varied needs

• Audiences—Older Americans, low-literacy, Spanish speaking
• Food preferences—Vegetarian, lactose-intolerant, ethnic
• Situations—Eating out, carrying in, cooking at home
Implementation

• Implementation is the challenge ahead.
• Health/education professionals are vital for success.
• It will be an ongoing process.
• Working together, we can help Americans to be healthier.