

Nutrition Pyramid

In 2005, the USDA food guide pyramid was adjusted from the traditional six-food group pyramid, to a horizontal seven-group pyramid (Physical Activity is now the 7th group). The new pyramid symbol was introduced along side a detailed nutritional system that provides many options to help Americans make healthy food choices and to be active every day. Here, you'll find all the information in order to understand the new food guide pyramid.

General Food Guidelines

- ▲ Check out the Nutrition Facts: Choose **fiber** rich foods. Fiber rich foods include fresh fruits, raw vegetables, beans, oatmeal, cereals, and other whole grains.
- ▲ Consume **fresh foods** and avoid the highly processed foods. For example, instead of canned peaches, choose a fresh peach.
- ▲ Use **less salt** in cooking and at the table. Experiment with new spices to boost flavor!
- ▲ Eat a **variety** of foods from within the food groups.
- ▲ Choose foods **low in added sugars** (be aware of high sugar drinks like sodas and juices!!!)
- ▲ If you drink alcohol, do so in **moderation**.
- ▲ **Wash** hands often. This is especially true before and after cooking and eating. Be sure to cook foods to a safe temperature.
- ▲ **Listen** to your body – eat when you are hungry and stop when you are full.
- ▲ Make **water** your beverage of choice! Try to drink 8 servings a day.

Check out the USDA's website www.mypyramid.gov for more information

For ongoing information about the latest food and diet trends, visit backushospital.org/nutrition

The screenshot shows the Backus Nutrition website interface. At the top, there are social media icons for Twitter, YouTube, and Flickr. Below that is a navigation bar with links like 'Home', 'About Backus', 'Hospital Services', etc. The main content area features a 'Nutrition' banner with images of fruits and vegetables. There are sections for 'Backus nutrition blog' with a recipe for 'Bulgur and Orange Salad', 'Watch the latest nutrition videos' with a video player, and 'Nutrition Detectives' with a request form. There are also 'Podcasts' and 'Healthy Living columns' sections.

Guidelines for each food group

Due to various life-style factors, daily calorie intake recommendations are unique to each individual. Your dietitian can help determine a calorie level that is right for you. Use the amounts in this table as a guide...

Daily Calorie Level	3,000	2,800	2,600	2,400	2,200	2,000	1,800	1,600	1,400	1,200	1,000
Fruits	2.5 cups	2.5 cups	2 cups	2 cups	2 cups	2 cups	1.5 cups	1.5 cups	1.5 cups	1 cup	1 cup
Vegetables	4 cups	3.5 cups	3.5 cups	3 cups	3 cups	2.5 cups	2.5 cups	2 cups	1.5 cups	1.5 cups	1 cup
Grains	10 oz	10 oz	9 oz	8 oz	7 oz	6 oz	6 oz	5 oz	5 oz	4 oz	3 oz
Meat and Beans	7 oz	7 oz	6.5 oz	6.5 oz	6 oz	5.5 oz	5 oz	5 oz	4 oz	3 oz	2 oz
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	2 cups	2 cups	2 cups
Oils	10 tsp	8 tsp	8 tsp	7 tsp	6 tsp	6 tsp	5 tsp	5 tsp	4 tsp	4 tsp	3 tsp
Discretionary calorie allowance	512	426	410	362	290	267	195	132	171	171	165

Food Guide Pyramid Overview

Brought to you by the Backus Hospital team of Registered Dietitians



Choose wisely. Choose *Backus*

The Food Groups – The Basics

Fruits Fruits are packed with fiber, folate, Vitamin A, Vitamin C, potassium, and phytochemicals.

Grains Grains are a great source of carbohydrates, fiber, B-vitamins, iron, magnesium, and selenium

Vegetables Vegetables are packed with many nutrients including carbohydrates, fiber, folate, Vitamin A, Vitamin C, potassium, calcium, and health-promoting phytochemicals.

Meats Beans Meat, poultry, fish, dry beans, peas, eggs, nuts and seeds provide the body with protein, B-vitamins, iron, zinc, and magnesium.

Milk Milk and milk products provide the body with protein, carbohydrates, Vitamins A and D, calcium, phosphorus, potassium and magnesium.

How do the amounts translate into real food sizes?

Fruit Amounts

1 cup of fruit juice or blueberries can be measured or estimated visually, but if you consume a whole fruit, like an apple or banana, it is equivalent to .5 cup of fruit.

Alert ½ cup of dried fruit = 1 cup of fruit.

Best Choices Eat a variety of colors from whole fruit.

Bananas, apples, green grapes, honeydew melon, kiwi, limes, cranberries, raspberries, grapefruit, cherries, pomegranates, peaches, pears, pineapples, mango, oranges, blueberries, plums, raisins, blackberries.

Grain Amounts

1 oz of grain is equivalent to: 1 slice of bread, 1 cup of unsweetened cold cereal, ½ cup of rice, ½ cup of hot cereal, ½ cup of pasta, 4 inch diameter pancake, small dinner roll, half an English muffin, 3 cups of popped popcorn, or 4-6 crackers.

Best Choices Choose whole grains!

Eat at least 3 oz of whole grains daily, such as whole grain cereals, whole grain/whole wheat breads, whole wheat pastas, whole grain crackers, oatmeal, brown rice, wild rice, popcorn, buckwheat, barley, and quinoa.

Meats/Beans Amounts

1 oz = 25 almonds, 1 egg or ¼ cup egg substitute

2 oz = 6 thin slices of cold cuts, 10 large shrimp, ½ cup of cooked dry beans

3 oz = chicken, beef, hamburger, or fish the size of a deck of cards

Best Choices Choose a variety of nuts, beans, and seeds.

Choose lean meats like fish, skinless chicken, and ≥90% lean ground beef. (Trim visible fat from meat & drain ground beef well after cooking) Cook meats using low fat methods like baking, broiling, and grilling.

Vegetable Amounts

1 cup measurement for vegetables includes 1 cup of cooked or raw vegetables, 2 cups leafy greens and 1 cup of vegetable juice. Potatoes, sweet potatoes, butternut squash, dried beans & peas are considered starchy vegetables.

Ask your dietitian how to best fit these foods into your diet.

Best Choices Fill your plate with a rainbow of vegetables!

Cauliflower, onions, potatoes, mushrooms, sprouts, leafy greens, broccoli, kale, peppers, asparagus, tomatoes, rhubarb, beets, butternut squash, pumpkin, carrots, yams, corn, eggplant, cabbage.

Dairy Amounts

1 cup of dairy can be a cup of milk, yogurt, or soy milk.

1 cup of dairy = 1/3 cup of shredded cheese, 1 ½ oz natural cheese (about the size of 4 dice).

Best Choices Choose low-fat or fat-free milk, yogurt, ice cream and other milk products.

If you don't consume milk... look for foods and beverages fortified with calcium and Vitamin D.

Oils/Fats

1 tsp of oil = 1 tsp of olive, canola, soybean, sunflower, or corn oil.

Fats/Oils also include: mayonnaise, salad dressings, soft or stick margarines, butter, nuts, seeds, avocados and olives. Some fish are naturally high in oils, too.

Best Choices Try to make most of your fat sources from fish, nuts, and vegetable oils (mono & polyunsaturated fats).

Limit Solid fats like butter, margarine, shortening, lard, and foods that contain these fats.

Check the Label Avoid foods that contain partially hydrogenated hydrogenated vegetable oil in their ingredient list!

Discretionary Calorie Allowance These are the remaining calories after fulfilling your calorie requirements from all the food groups. Use your discretionary calories wisely!

Physical Activity

The 7th group, physical activity, and nutrition work together for better health. Being active increases the amount of calories burned. Being physically active is a key element in living a longer, healthier, happier life. It can help relieve stress and can provide an overall feeling of well being. Physical activity can also help you achieve and maintain a healthy weight and lower risk for chronic disease. The benefits of physical activity may include:

- ▲ Improves self-esteem and feelings of well-being
- ▲ Increases fitness level
- ▲ Helps build and maintain bones, muscles, and joints
- ▲ Builds endurance and muscle strength
- ▲ Enhances flexibility and posture
- ▲ Helps manage weight
- ▲ Lowers risk of heart disease, colon cancer, and type 2 diabetes
- ▲ Helps control blood pressure
- ▲ Reduces feelings of depression and anxiety

Are you getting enough physical activity?

The dietary guidelines for Americans recommends:

- ▲ 30 minutes of moderate to vigorous physical activity on most days
- ▲ To prevent weight gain, get 60 minutes of moderate to vigorous physical activity most days
- ▲ To lose or maintain weight loss, do 60-90 minutes of moderate to vigorous physical activity daily.
- ▲ Your 30-60 minutes of physical activity does not need to be all at once... 3-6 ten minute activity breaks throughout the day can add up. Pick a time and activity that is best for you.

Moderate physical activities include:

- ▲ Walking: 3.5 mph
- ▲ Biking: 6-10 mph
- ▲ Hiking
- ▲ Golfing
- ▲ Pilates or yoga
- ▲ Lifting weights

Vigorous physical activities include:

- ▲ Running: 5+ mph
- ▲ Cycling: 10+ mph
- ▲ Swimming
- ▲ Speed walking: 4.5+ mph
- ▲ Aerobics
- ▲ Heavy yard work (chopping wood)

Small hints how to boost your daily activity level:

- ▲ Park in the furthest part of the parking lot
- ▲ Take the stairs
- ▲ Pace while on the phone
- ▲ Use a pedometer-strive for 10,000 steps a day
- ▲ Have a workout partner (create accountability)
- ▲ Replace your coffee break with an activity break
- ▲ Make an activity calendar
- ▲ Try a new activity that interests you

Remember:

- ▲ Stay hydrated when exercising
- ▲ Drink fluids before, during and after physical activity.
- ▲ Drink enough fluids regularly throughout the day.