



Build on a Healthy Base



- Highly processed
- Highest in **fat, sugar, salt**
- Lowest in fiber

- Refined, processed
- Some added **fat, sugar, salt**
- Limited fiber

- Least processed
- Fresh, whole
- Highest fiber, vitamins & minerals

Fat, sugar = Extra calories

MyPyramid.gov
STEPS TO A HEALTHIER YOU



Tips for Choosing Foods from *MyPyramid*

- Choose most foods from the base of each food group.
- Choosing food from the middle may increase salt and extra calories from sugar and fat.
- Limit food choices from the top of MyPyramid.

Examples of *MyPyramid* Food Choices

	GRAINS	VEGGIES	FRUITS	OILS	MILK	MEAT & BEANS
TOP	Frosted cinnamon roll Donuts Muffins	French fries Fried veggies Veggies with added fats or sauces	Fruit pie Fruit leather	Stick margarines Soft margarines	Ice cream Pudding	Hot dogs Lunch meat Fried, breaded meats
MIDDLE	Granola Ready to eat cereals Refined breads, cereals, and pasta	Canned	Canned in syrup Canned in juice	Salad dressings Mayonnaise Margarine with no trans fat Nuts Fatty Fish	Fruited yogurt Cheese 2% milk 1% milk	Egg Salmon Roast chicken with skin Lean hamburger
BASE	Oatmeal Bulgar Brown rice Whole grain breads, cereals, and pasta Air-popped popcorn	Any whole, fresh or frozen Especially dark leafy greens and orange-colored	Any whole, fresh or frozen	Canola, Safflower, Olive, and Nut oils Fish oil Flax oil Soy oil	Nonfat milk Nonfat yogurt	Lean meats Fish Beans Peas Legumes Nuts Seeds
KEY NUTRIENTS	Fiber B-vitamins Iron Magnesium	Fiber Vitamin A Vitamin C Potassium	Fiber Vitamin C Potassium Folate	Essential fatty acids Vitamin E	Protein Calcium May be fortified with Vitamin D	Protein Iron Zinc



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