

# MY PYRAMID PURSUIT

## Scorecard

**To play:** Make a check for every correct answer in each food group. When you have the points required for a food group, enter in YOUR portions per day of that food group. The first player to get all his or her points and build their own daily requirements wins!

Name: \_\_\_\_\_

Calories per day: \_\_\_\_\_

### GRAINS

oz.

### VEGGIES

cups

### FRUITS

cups

### MILK

cups

### OILS

tsp.

### MEAT & BEANS

oz.



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STEPS TO A HEALTHIER YOU



## GET MOVIN'



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Select calorie level based on gender, age, and activity level. Activity levels are the following periods of physical activity each day in addition to daily activities:

**Sedentary** = less than 30 minutes

**Mod. Active** = 30 to 60 minutes

**Active** = 60 or more minutes

CALORIE LEVELS BY AGE (per day)						
AGE	BOYS			GIRLS		
	Sedentary	Mod. Active	Active	Sedentary	Mod. Active	Active
8	1400	1600	2000	1400	1600	1800
9	1600	1800	2000	1400	1600	1800
10	1600	1800	2200	1400	1800	2000
11	1800	2000	2200	1600	1800	2000
12	1800	2200	2400	1600	2000	2200
13	2000	2200	2600	1600	2000	2200
14	2000	2400	2800	1800	2000	2400
15	2200	2600	3000	1800	2000	2400
16	2400	2800	3200	1800	2000	2400
17	2400	2800	3200	1800	2000	2400
18	2400	2800	3200	1800	2000	2400

PORTIONS BY CALORIE LEVEL (per day)							
Calorie Level	Fruits	Vegetables	Grains	Meat & Beans	Milk	Oils	Discretionary Calories
1,400	1.5 cups	1.5 cups	5 oz.	4 oz.	2 cups	4 tsp.	171
1,600	1.5 cups	2 cups	5 oz.	5 oz.	3 cups	5 tsp.	132
1,800	1.5 cups	2.5 cups	6 oz.	5 oz.	3 cups	5 tsp.	195
2,000	2 cups	2.5 cups	6 oz.	5.5 oz.	3 cups	6 tsp.	267
2,200	2 cups	3 cups	7 oz.	6 oz.	3 cups	6 tsp.	290
2,400	2 cups	3 cups	8 oz.	6.5 oz.	3 cups	7 tsp.	362
2,600	2 cups	3.5 cups	9 oz.	6.5 oz.	3 cups	8 tsp.	410
2,800	2.5 cups	3.5 cups	10 oz.	7 oz.	3 cups	8 tsp.	426
3,000	2.5 cups	4 cups	10 oz.	7 oz.	3 cups	10 tsp.	512
3,200	2.5 cups	4 cups	10 oz.	7 oz.	3 cups	11 tsp.	648

**Fruit Group** - all fresh, frozen, canned, and dried fruits, and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit are equivalent to 1 cup from the fruit group. Eat a variety of fruit, and go easy on the fruit juices.

**Vegetable Group** - all fresh, frozen, canned, and dried vegetables, and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens are equivalent to 1 cup from the vegetable group. Eat more dark-green veggies, like broccoli, spinach, and other dark leafy greens, and more orange veggies, like carrots, and sweet potatoes. Try to eat more dry beans and peas, like pinto beans, kidney beans, and lentils.

**Grains Group** - all foods made from wheat, rice, oats, cornmeal, and barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked cereal, rice, or pasta are equivalent to 1 ounce from the grains group. At least half of all grains consumed should be whole grains.

**Meat & Beans Group** - 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds are equivalent to 1 ounce from the meat and beans group. Choose low-fat or lean meats and poultry. Bake, broil, or grill meat. Vary your protein routine – choose more fish, beans, peas, nuts, and seeds.

**Milk Group** - all fluid milk products, and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1.5 ounces of natural cheese, or 2 ounces of processed cheese are equivalent to 1 cup from the milk group. If children don't or can't consume milk, choose lactose-free products or other calcium-fortified foods and beverages.

**Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine. Check Nutrition Facts labels to keep saturated fats, *trans* fats, and sodium low.

**Discretionary Calorie Allowance** is the remaining amount of calories after accounting for the calories needed for all food groups. Choose foods that are fat-free or low-fat and with no added sugars.