

TENNESSEE *Shapes UP*

The graphic features a large pyramid divided into five colored sections: orange (Grains), green (Vegetables), red (Fruits), blue (Milk), and purple (Meat & Beans). To the left, a black silhouette of a person is climbing a set of white stairs that lead up the side of the pyramid. The background is a light blue sky with white clouds. At the base of the pyramid, various food items are illustrated, including bread, rice, corn, beans, fruits like apples and grapes, and dairy products like milk and cheese. Labels for 'PEACHES', 'RAISINS', and 'ELIMIN' are visible on some food items.

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GRAINS VEGETABLES FRUITS MILK MEAT & BEANS

Use MyPyramid to personalize your diet and prevent unwanted weight gain

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The information in this leaflet will help you

- Determine your activity level
- Estimate your calorie needs
- Learn how to avoid eating too many calories

How active are you? Use these definitions to determine your activity level:

- **Sedentary** means you usually engage in only the light physical activity associated with typical day-to-day life (usually less than 30 minutes).
- **Moderate** means you are getting a total of about 30 to 60 minutes of physical activity each day in addition to the activity associated with day-to-day life.
- **Active** means you are getting 60 minutes or more of physical activity each day in addition to the activity associated with day-to-day life. This is equivalent to walking at least three miles in one hour.

Now use the chart on the right to estimate how many calories you need each day.

- Find your gender and age in the following chart.
- Look for the column that represents your activity level and find the estimated number of calories for your gender and age.

One size does not fit all. Each person is different. The best way to tell if you are eating the right number of calories is to check your weight regularly. If you are gaining too much weight, keep a record of what you are eating and how much you are eating.

Estimate Your Calorie Needs

| | Calorie Range | | |
|-------------|---------------|----------|--------|
| Children | Sedentary | Moderate | Active |
| 2 - 3 years | 1,000 | 1,200 | 1,400 |
| Females | | | |
| 4 - 8 years | 1,200 | 1,400 | 1,800 |
| 9 - 13 | 1,600 | 1,800 | 2,200 |
| 14 - 18 | 1,800 | 2,000 | 2,400 |
| 19 - 30 | 2,000 | 2,200 | 2,400 |
| 31 - 50 | 1,800 | 2,000 | 2,200 |
| 51+ | 1,600 | 1,800 | 2,200 |
| Males | | | |
| 4 - 8 years | 1,400 | 1,600 | 2,000 |
| 9 - 13 | 1,800 | 2,200 | 2,600 |
| 14 - 18 | 2,200 | 2,600 | 3,200 |
| 19 - 30 | 2,400 | 2,800 | 3,000 |
| 31 - 50 | 2,200 | 2,600 | 3,000 |
| 51+ | 2,000 | 2,400 | 2,800 |

For good health, eat the right amount of food from each of the food groups. Use the chart on page four to find out how much you need to eat daily from each food group.

- Find your recommended calorie level at the top of the chart.
- Note how much you need to eat from each food group.



- Pay attention to the number of calories recommended from the “Discretionary Calorie Allowance” group. Eating too many calories from this group is what causes most people to gain too much weight.

Compare the amount of food you are currently eating to the amounts recommended in the chart on page four. Are you eating the right amount from each food group? Are you eating too many discretionary calories?

Daily Amount of Food From Each Group

| Calorie Level ¹ | 1,000 | 1,200 | 1,400 | 1,600 | 1,800 | 2,000 | 2,200 | 2,400 | 2,600 | 2,800 | 3,000 | 3,200 |
|---|---------|----------|----------|----------|----------|-----------|---------|-----------|-----------|----------|----------|----------|
| Fruits ² | 1 cup | 1 cup | 1.5 cups | 1.5 cups | 1.5 cups | 2 cups | 2 cups | 2 cups | 2.0 cups | 2.5 cups | 2.5 cups | 2.5 cups |
| Vegetables ³ | 1 cup | 1.5 cups | 1.5 cups | 2 cups | 2.5 cups | 2.5 cups | 3 cups | 3 cups | 3.5 cups | 3.5 cups | 4 cups | 4 cups |
| Grains ⁴ | 3 oz-eq | 4 oz-eq | 5 oz-eq | 5 oz-eq | 6 oz-eq | 6 oz-eq | 7 oz-eq | 8 oz-eq | 9 oz-eq | 10 oz-eq | 10 oz-eq | 10 oz-eq |
| Meat and Beans ⁵ | 2 oz-eq | 3 oz-eq | 4 oz-eq | 5 oz-eq | 5 oz-eq | 5.5 oz-eq | 6 oz-eq | 6.5 oz-eq | 6.5 oz-eq | 7 oz-eq | 7 oz-eq | 7 oz-eq |
| Milk ⁶ | 2 cups | 2 cups | 2 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups | 3 cups |
| Oils ⁷ | 3 tsp | 4 tsp | 4 tsp | 5 tsp | 5 tsp | 6 tsp | 6 tsp | 7 tsp | 8 tsp | 8 tsp | 10 tsp | 11 tsp |
| Discretionary ⁸ Calorie allowance | 165 | 171 | 171 | 132 | 195 | 267 | 290 | 362 | 410 | 426 | 512 | 648 |

¹This chart uses the calorie ranges shown in the chart for Estimated Daily Calorie Needs. Once you have determined the number of calories you should eat, look on this chart to see how much you should eat from the different food groups.

²**Fruits** group includes all fresh, frozen, canned and dried fruits as well as fruit juices. In general, one cup of fruit or fruit juice made with 100 percent fruit or one-half cup of dried fruit counts as a one-cup serving.

³**Vegetables** group includes all fresh, frozen, canned and dried vegetables and vegetable juices. In general, one cup of raw or cooked vegetables or two cups of raw, leafy greens counts as a one-cup serving.

⁴**Grains** group includes all food made from wheat, rice, oats, cornmeal or barley, such as bread, pasta, oatmeal, ready-to-eat breakfast cereals, tortillas and grits. In general, one slice of bread, one cup of ready-to-eat cereal, or one-half cup of cooked rice, pasta or cooked cereal counts as a one-ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.

⁵**Meat & Beans** group. In general, one ounce of lean meat, poultry or fish; one egg, one tablespoon peanut butter, one-fourth cup cooked dry beans; or one-half ounce of nuts or seeds counts as a one-ounce-equivalent serving.

⁶**Milk** group includes all fluid milk products and foods made from milk that retain their calcium content (like yogurt and cheese). Foods made from milk that have little to no calcium, such as cream cheese, cream and butter are not part of this group. Most of your milk group choices should be fat free or low in fat. In general, one cup of milk or yogurt, an ounce and a half of natural cheese or two ounces of processed cheese count as one cup from the milk group.

⁷**Oils** include fats from many different plants as well as from fish and are liquid at room temperature. Canola, corn, olive, soybean and sunflower oil are examples. Some foods are naturally high in oils, like nuts, olives, some fish and avocados. Foods that are mainly oil include mayonnaise, some salad dressings and soft margarine.

⁸**Discretionary Calorie Allowance** is the number of calories leftover after you have met your basic nutritional needs with choices from all the food groups. You can use your discretionary calories to eat more foods from any food group. This group includes desserts, sweetened beverages and snack-type foods. To minimize weight gain, it's best to choose foods that are fat free or low in fat without added sugars.

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Visit the UT Family and Consumer Science Web site at <http://fcs.tennessee.edu>



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