

## STEPS TO GET A PERSONAL FOOD PYRAMID

1. Log on the internet and go to [mypyramid.gov](http://mypyramid.gov)
2. On the right side of the page there will be a gray box that is titled **“My Pyramid Plan.”**
3. Put in your age, sex, and physical activity level and press submit.
4. Look at the page to see how much of each food group you should be eating.
5. After looking at the information, scroll down to the bottom of the page. On the right side there are three sideways triangles you are able to pick. Click on the second one that says, **“Click here to view and print a PDF of a helpful Meal Tracking Worksheet.”** Print this worksheet out and record all the foods you ate on Wednesday, March 8. (Remember: when choosing foods try to follow the recommendations given.)
6. Go back to the page that tells you your recommendations and now click on the last triangle one that says, **“For a more detailed assessment of your diet quality and physical activity go to the My Pyramid Tracker.”**
7. Scroll down to the bottom of the page and select the **New User Registration** link. Fill out the information needed and press submit. When a new page appears, fill out your age, gender, height, and weight, and then press **Proceed to Food Intake**.
8. Enter the food you have eaten that day in the box and press search. (Remember to do only one food item at a time). Find the item you ate in the list and press the red **add** button that’s to the left of the food item.
9. Continue step 7 until all the food items are on the right side of the screen.
10. When you have finished with getting the food items, press the **select quantity** button that is on the right side of the screen.
11. Select the serving size of the foods you have eaten. When finished, press the **save & analyze** button.
12. A new screen will appear. Go to the second box and press the **Calculate nutrient intake from foods** link.
13. Look at the nutrients you took in and the recommended intake of them.
14. Then go to the bottom and press **My Pyramid Recommendations**. This page compares what you ate and the recommended intake for you.
15. When finished, there is a timeline like picture on the top of the page. Press the circle that says, **“Physical Activity Entry.”**
16. Choose an activity and press **select**. A box will appear. Choose the appropriate activity you partook in. When finished, go to the right side of the screen and press the **select duration** button.
17. Put in the time you spent doing that activity and then press **save & analyze**. A new screen will appear that totals the amount of minutes spent during exercising. Press **analyze**.
18. Another page will come up. Press the **Calculate your Physical Activity Score** link from the first box.
19. Write a page typed explaining your experience using the website. Did your eating habits improve? Would it be easy to change your lifestyle? How is your physical activity?