

1. Log on the internet and go to <http://www.mypyramid.gov>
2. On the left side of the page there will be a cyan box that is titled **My Pyramid Plan**. Click on the link.

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 - MyFoodapedia
 - MyPyramid Plan
 - Menu Planner
 - MyPyramid Tracker
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I Want To...

- Look up a food **NEW**
- See what's available
- Get a personalized Plan
- Learn healthy eating tips
- Get weight loss information
- Learn about food groups
- Plan a healthy menu
- Analyze my diet
- Listen to podcasts *
- Print MyPyramid materials
- Ask a question

One size doesn't fit all. MyPyramid offers personalized eating plans and interactive tools to help you plan/ assess your food choices based on the Dietary Guidelines for Americans.

Spotlights

Inside the Pyramid
Food groups, healthy eating tips, and more

Know Your Farmer, Know Your Food
Nutrition from farm to table

First Lady Michelle Obama

3. Put in your age, sex or gender (from the drop down menu), weight, and physical activity level (from the drop down menu) and press **Submit**.

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MyPyramid Plan

Want to know the amount of each food group you need daily? Enter your information below to find out and receive a customized food guide.

NOTE: MyPyramid food plans are designed for the general public ages 2 and over; they are not therapeutic diets. Those with a specific health condition should consult with a health care provider for a dietary plan that is right for them. More tailored MyPyramid Plans are available for preschoolers (2-5y) and women who are pregnant or breastfeeding.

Age:

Sex: [Select]

Weight: pounds (optional)

Height: feet inches (optional)

Physical Activity: [Select]


Plans for children 2-8 are based on an average height and weight for their age and gender.

Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

Click here

SUBMIT


4. Look at the page to see how much of each food group you should be eating.



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 - Animation
- Specific Audiences
 - Preschoolers (2-5y)
 - Kids (6-11y)
 - Pregnant & Breastfeeding
 - General Population
- For Professional Use
- Steps to a Healthier Weight
- Dietary Guidelines
- Partnering with MyPyramid
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MyPyramid Plan

Eat these amounts from each food group daily. This plan is a **2800** calorie food pattern. It is based on average needs for someone like you. (A **12** year old **male**, **5** feet **4** inches tall, **125** pounds, physically active **30 to 60 minutes** a day.) Your food needs also depend on your rate of growth and other factors. See a health care provider who can track your height and weight over time to identify your specific needs.

▶ Grains ¹	10 ounces	tips
▶ Vegetables ²	3.5 cups	tips
▶ Fruits	2.5 cups	tips
▶ Milk	3 cups	tips
▶ Meat & Beans	7 ounces	tips

Click the food groups above to learn more.

1 Make Half Your Grains Whole

Aim for at least 5 ounces of whole grains a day.

2 Vary Your Veggies

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly
 Orange Vegetables = 2 1/2 cups weekly
 Dry Beans & Peas = 3 1/2 cups weekly
 Starchy Vegetables = 7 cups weekly
 Other Vegetables = 8 1/2 cups weekly


Oils & Discretionary Calories

Aim for 8 teaspoons of oils a day.

Limit your extras (extra fats & sugars) to 425 Calories.

Physical Activity

Physical activity is also important for health. You should get at least 60 minutes of physical activity most or all days. Click [here](#) to learn more about physical activity and health.



View, Print & Learn More:

- ▶ [Click here to view and print a PDF version of your results.](#)
- ▶ [Click here to view and print a PDF of a helpful Meal Tracking Worksheet.](#)
- ▶ [For a more detailed assessment of your diet quality and physical activity go to the MyPyramid Tracker.](#)
- ▶ [You can view/print the MyPyramid Calorie Results and the Food Tracking Worksheets for any or all of the 12 calorie levels.](#)

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the above PDF files.

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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.**



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6. 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.)



MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal Based on a 2800 calorie pattern.	List each food choice in its food group*	Estimate Your Total
_____ _____ _____ _____	GRAINS 	Make at least half your grains whole grains	10 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)	_____ _____ _____	_____ _____ _____ ounce equivalents
_____ _____ _____ _____	VEGETABLES 	Try to have vegetables from several subgroups each day	3 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____ _____	FRUITS 	Make most choices fruit, not juice	2 ½ cups	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____ _____	MILK 	Choose fat-free or low fat most often	3 cups (1 ½ ounces cheese – 1 cup milk)	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____ _____	MEAT & BEANS 	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	7 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)	_____ _____ _____	_____ _____ _____ ounce equivalents
_____ _____ _____ _____	PHYSICAL ACTIVITY 	Build more physical activity into your daily routine at home and work.	At least 60 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	_____ _____ _____	_____ _____ _____ minutes

Click here

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

7. 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 click on the **My Pyramid Tracker** link.



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8. It will look like this:

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MyPyramid Tracker




MyPyramid Tracker


MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better understand your energy balance status and enhances the link between good nutrition and regular physical activity. Keep track of your energy balance history and view it up to one year. MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services. Click [here](#) for a **NEW** tutorial on MyPyramid Tracker.

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0535 (expiration date: June 30, 2009). The time required to complete this information collection is estimated to average 31.5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Assessment



Assess Your Food Intake
The online dietary assessment provides information on your diet quality, related nutrition messages, and links to nutrient information. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidance. To give you a better understanding of your diet over time, you can track what you eat up to a year.



Assess Your Physical Activity
The physical activity assessment evaluates your physical activity status and provides related energy expenditure information and educational messages. After providing a day's worth of physical activity information, you will receive an overall "score" for your physical activities that looks at the types and duration of each physical activity you did and then compares this score to the physical activity recommendation for health. A score over several days or up to a year gives a better picture of your physical activity lifestyle over time.

Access

Select one of the "Login" links below to enter the system. **What do I need to use this site?** Click [here](#) for answers to Frequently Asked Questions.

Click here	New User Registration	Existing User Login	Check It Out (no registration)
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9. Scroll down to the bottom of the page (see above picture) and select the **New User Registration** link.

10. Fill out the information needed and press **Submit**.

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MyPyramid Tracker

Login

New User Registration Profile

Welcome! To use MyPyramid Tracker, complete the information below to create a MyPyramid Tracker account. Your email address is optional and will be used only for sending your password hint should you request it. If you forget your password and do not supply an email address, you will need to create a new account. All other fields are required information. Any information you provide will not be shared with anyone. Click [here](#) to see how your personal information is stored.

User ID (6-20 characters; required):

Password (4-10 characters; required):

Confirm Password (required):

Password Hint (optional):

Email (optional):

Confirm Email (optional):

Zip Code (optional):

Click here

Note: A red asterisk (*) will automatically appear next to fields containing invalid input. For more detailed error information, press the Submit button when one or more fields are marked.

11. When a new page appears, fill out your age, gender, height, and weight, and then press **Proceed to Food Intake**.

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MyPyramid Tracker

Login

Personal Profile

If necessary, update your age, gender, weight, and height. This information is used to give you accurate results about your diet and physical activity status. You will need to change the date if the day of entry is other than the date that is displayed. If you would prefer to enter your height in centimeters or weight in kilograms, please use the links labeled "centimeters" and "kilograms" to the right of their respective fields. Once you have entered all information, click "Save Today's Changes." The information you enter will automatically be recalled the next time you visit this site using your User ID and MyPyramid Tracker password. Click [here](#) to see how your personal information is stored.

Age:

Gender:

Entry Date Month/Day/Year: [calendar](#)

Height: feet inches [centimeters](#)

Weight: pounds [kilograms](#)

Email (optional):

Click here

Note: A red asterisk (*) will automatically appear next to fields containing invalid input. For more detailed error information, press one of the buttons above when one or more fields are marked.

12. 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.

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Enter Food Item

Enter a choice of food in the text box, then click "Search." To choose a food, click on it from the list. Repeat until you have included all foods and beverages eaten in the last 24 hours. [How does it work?](#)

How does the [Frequently Used Foods List](#) work?

yogurt- [Frequently Used Foods](#)

Search results for yogurt

55 exact matches for **yogurt**. *You may want to be more specific.*

- [YOGURT](#) (Add to Freq Foods)
- [YOGURT DRESSING](#) (Add to Freq Foods)
- [YOGURT, CHOCOLATE](#) (Add to Freq Foods)
- [YOGURT, CHOCOLATE, NONFAT](#) (Add to Freq Foods)
- [YOGURT, FRUIT VARIETY](#) (Add to Freq Foods)
- [YOGURT, FRUIT VARIETY, LOWFAT](#) (Add to Freq Foods)
- [YOGURT, FRUIT VARIETY, NONFAT](#) (Add to Freq Foods)
- [YOGURT, FRUIT VARIETY, WHOLE MILK](#) (Add to Freq Foods)
- [YOGURT, FRUITED, NONFAT, LOW CALORIE SWEETNER](#) (Add to Freq Foods)
- [YOGURT, PLAIN](#) (Add to Freq Foods)
- [YOGURT, PLAIN, LOWFAT MILK](#) (Add to Freq Foods)
- [YOGURT, PLAIN, NONFAT MILK](#) (Add to Freq Foods)
- [YOGURT, PLAIN, WHOLE MILK](#) (Add to Freq Foods)
- [YOGURT, VANILLA, LEMON, COFFEE](#) (Add to Freq Foods)
- [YOGURT, VANILLA, LEMON, COFFEE, LOWFAT MILK](#) (Add to Freq Foods)
- [YOGURT, VANILLA, LEMON, COFFEE, NONFAT MILK](#) (Add to Freq Foods)

Here are the foods **abcdef** has eaten on 8/15/2

Continue adding foods until the list contains all foods you have consumed shown above. Click an item to remove it from your list. Press **Select Quantity** you are done.

- [APPLE \(APPLES\), FRESH](#)
- [APPLE PIE, TWO CRUST](#)
- [CHICKEN & NOODLES W/ CHEESE SAUCE](#)
- [FRENCH FRIES, FROM FRESH, DEEP-FRIED](#)
- [HONEY GRAHAM CHEX CEREAL](#)
- [MILK SHAKE, CHOCOLATE, CARRY-OUT](#)
- [MILK, SKIM/NONFAT](#)
- [WENDY'S DOUBLE HAMBURGER](#)
- [YOGURT](#)

Click here

13. Continue step 12 until all the food items are on the right side of the screen.
 When you have finished with getting the food items, press the **Select Quantity** button (see above picture) that is on the right side of the screen.

14. Select the serving size of the foods you have eaten. When finished, press the **Save & Analyze** button.



Here is the food displayed for **abcdef** on 8/15/2010

Select your serving sizes and specify how many servings you consumed for each. When you are done, click **Save & Analyze** to save your food entry information and to analyze your food intake. If you want to make more than one day's food entry, click **Return to Login** to save a day's food entry information and make another day's food entry. For a record of today's food entry, click **Print Food Record** prior to saving food entry. To return to values, click **Reset Values**. To add or remove food items, click **Enter Foods**.

Foods Consumed	Select Serving Size	Number of Servings (Enter a number (e.g. 1.5))
APPLE (APPLES), FRESH	1 medium (2-3/4 dia) (approx 3 per lb)	1
APPLE PIE, TWO CRUST	1 piece (1/8 of 9 dia)	2
CHICKEN & NOODLES W/ CHEESE SAUCE	1 cup	3
FRENCH FRIES, FROM FRESH, DEEP-FRIED	10 strips (2 to 3-1/2)	2
HONEY GRAHAM CHEX CEREAL	1 cup	3
MILK SHAKE, CHOCOLATE, CARRY-OUT	1 medium	2
MILK, SKIM/NONFAT	1 cup	1
WENDY'S DOUBLE HAMBURGER	1 double hamburger	1
YOGURT	1 5 oz container	1

Click here

Save & Analyze

Enter Foods

Return to Login

Reset Values

[Print Food Record](#)

13. A new screen will appear. Go to the second box and click the **Calculate Nutrient Intakes from Foods** link.



Home Information Update Profile Food Intake Entry Analyze Your Food Intake Diet & Health Information Physical Activity Entry Energy Balance Center for Nutrition Policy & Promotion

Analyze Your Food Intake



MyPyramid Tracker is based upon the recommendations of the Dietary Guidelines for Americans, 2005. Your food group and nutrient recommendations are goals for the entire day, not one meal. Your analysis will be based on the nutrient content of the foods you enter for one day and does not include the nutrients from dietary supplements. Dietary supplement information is provided below.

Select the following to analyze your dietary intake:

[Meeting 2005 Dietary Guidelines \(DG\) »](#)

You will see:

- Your recommended food groups and nutrient intakes within your energy needs
- Your intakes of basic food groups compared with the *Dietary Guidelines for Americans, 2005* recommendations

[Calculate DG Comparison](#)

[Nutrient Intakes »](#)

You will see:

- Your nutrient intake scores
- Recommended intake information

[Calculate Nutrient Intakes from Foods](#)

Click here



[MyPyramid Recommendation »](#)

You will see:

- MyPyramid recommendation for you based on your energy level
- Comparison between your intake and the MyPyramid recommendation

[Calculate MyPyramid Stats](#)

[Nutrient Information for Dietary Supplements »](#)

- For Nutrient Information on Dietary Supplements, click [here](#).

[Healthy Eating History »](#)

You will see:

- An assessment of your intake over time, up to one year, including graphs of daily intakes and a trend line for each MyPyramid Food Group and individual nutrients.
- Average MyPyramid food group and nutrient intakes for the days entered.

[Calculate Healthy Eating History](#)

14. Look at the nutrients you took in and the recommended intake of them. Then go to the bottom and click on **My Pyramid Recommendations**.



Nutrient Intakes For **abcdef** on **8/15/2010**

A nutrient recommendation is a target or goal for intake of a nutrient. Your requirement for a particular nutrient is unique to you, but it is likely to be lower than the recommended number. If your intake is at or above this number, then it is probably adequate. If your intake is below this number, that does not necessarily mean an inadequate intake. If today's intake is typically what you eat, and your intake for a nutrient is at or above the recommendation, it is likely that your intake of that nutrient is adequate. To better assess your usual nutrient intake, you should report foods eaten for two or more days and review [your nutrient intake over time](#). Click [here](#) if you want to see your nutrient profile with technical assessment information.

Nutrient	Your Intake	Recommendation or Acceptable Range
Food Energy/Total Calories (kcal)	4560	1643
Protein (gm)	188	56
Carbohydrate (gm)	586	130
Total Fiber (gm)	47	30
Total Fat (gm)	171	101.3 - 177.3
Saturated Fat (gm)	67.5	< 50.7
Monounsaturated Fat (gm)	63	**
Polyunsaturated Fat (gm)	26	**
Linoleic (omega 6) (gm)	23.3	14
Alpha Linolenic (omega 3) (gm)	2.6	1.6
Cholesterol (mg)	548	< 300
Vitamin A (mcg RAE)	1360.6	900
Vitamin C (mg)	76.1	90
Vitamin E (mg a-TE)	10.4	15
Thiamin (mg)	3	1.2
Riboflavin (mg)	5.6	1.3
Niacin (mg)	44.8	16
Folate (mcg, DFE)	1689.6	400
Vitamin B6 (mg)	4	1.7
Vitamin B12 (mcg)	15.2	2.4
Calcium (mg)	2521.3	1200
Phosphorus (mg)	3064.3	700
Magnesium (mg)	539.2	420
Iron (mg)	62.4	8
Zinc (mg)	35.7	11
Selenium (mcg)	196.8	55
Potassium (mg)	5254	4700

** Nutrient has no established recommendation.

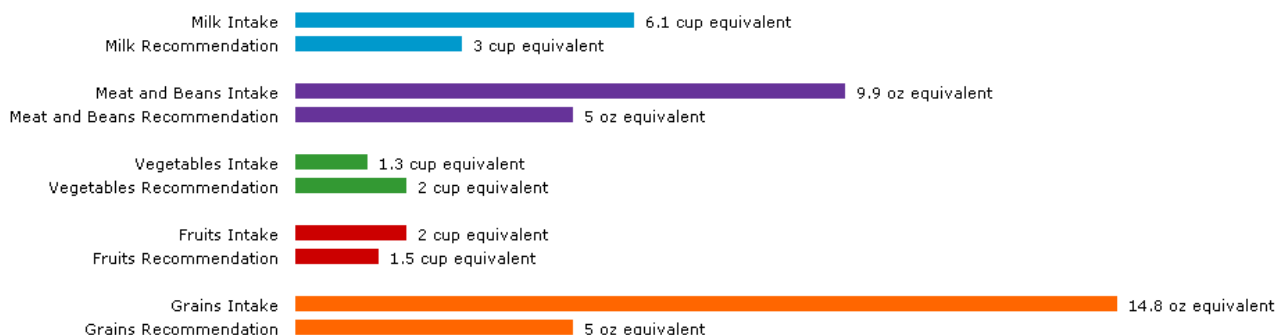
[Back](#)
Click here
➔
[MyPyramid Recommendation](#)
[Calculate Nutrient History](#)

17. This page compares what you ate and the recommended intake for you. When finished, there is a timeline like picture on the top of the page. Press the circle that says, **Physical Activity Entry**.



Comparison of Your Intake with MyPyramid Recommendations for abcdef

Your Pyramid Stats



Pyramid Categories	Percent Recommendation
Milk	203%
Meat and Beans	198%
Vegetables	65%
Fruits	133%
Grains	296%

[Back](#)

[Nutrient Intakes](#)

[Calculate History](#)

18. There are two options for Physical Activity Entry, Standard or Condensed. The Condensed option is for people who are not regularly active. Choose an option.



Physical Activity Tool

Physical Activity Entry

Please choose **ONE** of the following options for entering your physical activities for the day:

Standard option: This option provides the most accurate assessment of your energy expenditure, and directly links to your Estimated Energy Requirement and Energy Balance Status. **It requires that you enter all physical activities you performed for the past 24 hours.** You should enter all activities you did to include personal hygiene, house or yard work, transportation, employment, and leisure. The total duration of these activities should add up to 1440 minutes. If the total duration is less than 1440 minutes, you will be prompted to add more activities or to check the duration of activities you have already entered. For activities you do often, you can create a stored list by using the "Frequently Performed Activities" list. Once you enter all activities, you will be prompted to enter the duration for each activity entered, and then to save the information for analysis.

Condensed option: This option allows you to bypass the standard option for physical activity entry. It is recommended for people with few leisure-time activities or for people who are not regularly physical active. Based on the age, gender, weight and height information in your personal profile, an estimated Basal Energy Expenditure (BEE) is calculated and adjusted to include routine activities (i.e. personal hygiene, housework, light yard work, computer use and driving a car) of estimated duration. If you did not perform any additional **leisure time physical activity**, you can directly analyze your results. In this case, your Estimated Energy Requirement (EER) is likely to be the same or similar to your Basal Energy Expenditure (BEE) adjusted for routine activities. If you performed one or more leisure-time physical activities, you will need to enter these activities using the physical activity entry page. You will be prompted to enter the duration for each activity entered, and then to save information for analysis. Results will account for the adjusted BEE, and any additional physical activity you performed and entered into the program. However, **with or without additional leisure-time physical activity, the assessment of Estimated Energy Requirement (EER) using the condensed physical activity entry option may not be accurate.**

19. Choose an activity on the left and press **Select**. A box will appear below with activities. Select the appropriate activity and press the **Add Activity** button. When finished, go to the right side of the screen and press the **Select Duration** button.

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Enter Activity Type

Choose an activity from the dropdown menu or type a search term. Click [here](#) for details.

How does the [Frequently Performed Activities List \(FPA\)](#) work?

Activity Type:
 Select [Selection Tips](#)
 Search [Frequently Performed Activities](#)

Activity Description:

Add Activity **Add to FPA**

Daily Activities performed by abcdef on 8/25/2010

Continue adding activities until the list contains all activities performed on the date shown above. Click an item to remove it from your list. Press **Select Duration** when you are done.

Remove [STAIR-TREADMILL ERGOMETER, GENERAL](#)

Select Duration **Remove All**

20. Put in the time you spent doing that activity and then press **Save & Analyze**.

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Here are the activities displayed for abcdef on 8/15/2010

Select your duration for each activity. When you are done, click **Save & Analyze** to save your activity entry information and to analyze your exercise. If you want to make a list of your daily activities for another day, click **Return to Login** to save a the date and entry information; then make another day's entry. For a record of today's food entry, click **Print Activity Record** prior to saving food entry. To return to initial values, click **Reset Values**. To add or remove activity items, click **Enter Activities**.

Activities Performed	Select Duration (in minutes)
STAIR-TREADMILL ERGOMETER, GENERAL	<input type="text" value="30"/>

Click here → **Save & Analyze** **Enter Activities** **Return to Login** **Reset Values**

[Print Activity Record](#)

21. A new screen will appear that totals the amount of minutes spent during exercising. Press **Analyze**.

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Here are the total minutes of physical activity recorded for **abcdef** on 8/15/2010

Your total activity time is less than 1440 minutes (24 hrs). To get an accurate assessment of energy expended you should choose "Enter Activities". This will allow you to add more activities and to check the duration of activities already entered. If you only want to assess energy expended from leisure or sports activities, and you have entered all your activities for the day, you should click on "Analyze" to get to the Analysis page.

Total Minutes of Activities Performed

30

Click here

Analyze

Enter Activities

22. Another page will come up. Press the **Calculate your Physical Activity Score** link from the first box.

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Analyze Your Physical Activity

Select from the following to analyze your Physical Activity:

Physical Activity Analysis >>

You will see:

- Your Physical Activity Results to include activity type, description, category, and intensity for each activity
- Your Physical Activity Score (0-100)
- Your Total Calories Expended

[Calculate your Physical Activity Score](#)

Click here

Physical Activity History >>

You will see:

- Graphs of Physical Activity scores and Total Calories Expended over time
- Average Physical Activity scores and Total Calories Expended

[Calculate Physical Activity History](#)

23.A Result Summary will appear providing an analysis of the activities.

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Physical Activity Results for **abcdef** on 8/15/2010

Activity Type	Activity Description	Activity Category	METS	Intensity Classification	Duration in Minutes	Calories Expended
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[Activity Help](#)

Result Summary

Click directly on the numbers or word in the table for more detailed physical activity information.

Credited Minutes	30
Total Calories Expended from Physical Activity	671
Physical Activity Score (Out of 100)	76
Physical Activity Assessment	Needs Improvement

[Back](#) [Calculate Physical Activity History](#)

~~24.~~ Write a paragraph 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?~~ Did you find this assignment easy or difficult? What made it easy or difficult?