

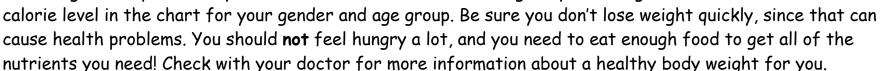
An Eating Plan for You - Advice for Teens

MyPyramid will help you build an eating plan that works for you. You will find the right amount of foods to eat to meet your calorie needs for growth and a healthy weight. Your eating plan will also give you the nutrients you need for energy, muscle growth, and strong bones!

Step 1: Estimate Your Daily Calorie Needs

Use the **Estimated Daily Calorie Needs** chart to find a calorie level that's right for you. First, find your gender and age. Then select a calorie level that fits your lifestyle (from sedentary up to active) - see definitions below. Your calorie level may be between the two levels in the chart, depending on how active you are.

The calorie levels are right for young people of average height and at a healthy weight. If you are a large person, your calorie needs may be higher. If your weight is causing health problems, you can move toward a healthier weight by following the





Adapted from the University of Florida, IFAS Extension, Department of Family, Youth and Community Sciences, 2005, http://fycs.ifas.ufl.edu/pyramid/index.htm Revised by Kansas State University, Extension Human Nutrition, 2005. www.oznet.ksu.edu For more information, visit www.MyPyramid.gov

ESTIMATED DAILY CALORIE NEEDS

This chart gives an **estimate** of calorie needs for specific age and gender groups. Calorie ranges are based on physical activity level, from sedentary to active.

		CALORIES	
ACTIVITY LEVEL:	Sedentary	TO	Active
Females			
14-18 years	1,800	UP TO	2,400
Males			
14-18 years	2,200	UP TO	3,200

Sedentary – less than 30 minutes a day of moderate physical activity in addition to daily activities

Active - 60 or more minutes a day of moderate physical activity in addition to daily activities.

My Estimated Daily Calorie Needs are _____ calories. This calorie level is about right for a person my age and gender of average height, who is at a healthy weight.



Remember, calorie needs vary from day to day, depending on how active you are. Also, when you go through a "growth spurt" you will need more calories than usual. Use the chart on the next page to build your eating plan!

Step 2: Build Your Eating Plan



Find your calorie level at the top of the My Eating Plan chart.

Follow the column below your calorie level to see how much food to eat from each of the food groups.

There are tips for each food group on page 5. Eat healthy foods that you enjoy and that fit your lifestyle! Think about how you will get all the fruits and veggies that you need. You can use a menu planner to plan your day. See the worksheet at: http://fycs.ifas.ufl.edu/pyramid/adobe/worksheet.pdf

NOTE: oz-eq means ounce-equivalent; see the Grains Group and Meat and Beans Group below to understand how these work.

Calorie Level	1,600	1,800	2,000	2,200	2,400	2,600	3,200
Grains	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq
Vegetables	2 cups	2½ cups	2½ cups	3 cups	3 cups	3½ cups	4 cups
Fruits	1½ cups	1½ cups	2 cups	2 cups	2 cups	2 cups	2½ cups
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Meat and Beans	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq
Oils	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 t <i>s</i> p	11 tsp

		Name:		
		Your results a	MyPyrami STEPS TO A HEALTHIER Y Tre based on a	you
Grains ounce-equivalents	Vegetablescup(s)	Fruitscup(s)	Milk cup(s)	Meat & Beans ounce-equivalents
Make half your grains whole	Vary your veggies Aim for these amounts each week:	Focus on fruits	Get your calcium-rich food	Go lean with protein
Aim for at least ounces of whole grains a day	Dark green veggies = cups Orange Veggies = cups Cooked Dry Beans & Peas = cups Starchy veggies = cups Other Veggies = cups	Eat a variety of fruit Go easy on fruit juices	Go low-fat or fat-free when you choose milk, yogurt, or cheese	Choose low-fat or lean meats and poultry Vary your protein routine: Choose more fish, beans, peas, nuts, and seeds
Find your balance between	food and physical activity	Know your l	imits on fats, sugars, and sodi	um

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

minutes most days of the week.

Be physically active for at least

Adapted from the USDA Center for Nutrition Policy and Promotion. (2005) MyPyramid Results Downloads. www.mypyramid.gov/professionals/results_downld.html (Accessed May 20, 2005) by The University of Florida, IFAS Extesion, Dept. of Family, Youth and Community Sciences. Revised by Kansas State University, Dept. of Human Nutrition.

Your allowance for oils is

Limit extras (solid fats and added sugars) to

teaspoons a day.

calories a day.

Fruit Group includes all fresh, frozen, canned, and dried fruits; and 100% fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit, is considered 1 cup from this group.





Vegetable Group includes 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, can be considered as 1 cup from the vegetable group.

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





Milk Group includes 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. Make most milk group choices fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or

2 ounces of processed cheese can be considered as 1 cup from this group.

Meat & Beans Group: In general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 tablespoon peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.



Oils are liquid at room temperature. They include fats from many different plants and fish, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, such as nuts, olives, some fish and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarines.