

Name _____ Class Hour _____

My Pyramid Plan
www.mypyramid.gov

1. Students go to home page and type in www.mypyramid.gov
2. Go to the top right hand corner of page , fill in age, sex and physical activity, then click My Pyramid Plan.
3. On the right side of this page under View, Print & Learn More - click on Your results.

Fill in the following questions using your results.

4. Your results are based on a _____ calorie pattern.

5. List the correct servings you are allowed per day.

Grains _____
Vegetables _____
Fruits _____
Milk _____
Meat & BEANS _____

6. Based on your calorie pattern results - answer the following questions

a. *Make Half Your Grains Whole*

- Aim for at least _____ whole grains a day

b. *Vary Your Veggies*

- Dark green Vegetables = _____
- Orange Vegetables = _____
- Dry Beans & Peas = _____
- Starchy Vegetables = _____
- Other Vegetables = _____

c. *Oils & Discretionary Calories*

- Aim for ___ teaspoons of oils a day
- Limit your extras (extra fats & sugars to _____ Calories

7. Click on **Your Results** on the right side of page under "Click here to view and a PDF version of...**PRINT page and sign your name** on the line at the bottom of print out.
8. Hit the back arrow and Click to view **My Pyramid Tracker** on the right side of page. (Use the food you ate yesterday or today to do your pyramid tracker).
 - Go to access - "***Check it out***"
 - Fill in the "***Check It Out Profile***" card.
 - Click "***Proceed To Food Intake***"
 - Enter Food Item .
 - ***Hit Search*** - go down list and find the type of food (egg)
 - If you want more than one of any item hit ***Select Quantity***.
 - Then hit ***Food Display***. The screen will appear as follows after each item of food consumed.

Food Consumed	Select Serving Size	Number of servings
Fried Egg	1 extra large	2
Orange Juice	1 cup	3
White Toast	1 slice	2

9. Enter foods again until you have typed all your daily foods.
PRINT FOOD RECORD
10. When you are done, Click ***Save & Analyze*** to save your food entry information and to analyze your food intake.
11. Click on 2nd Blue row: **Nutrient Intakes**. Compare your intake with the recommended or acceptable range for the following nutrients.
PRINT THE NUTRIENT CHART

Answer the following chart with the above chart.

Nutrient	Your intake	Recommended or Acceptable Range
Calories		
Sodium(salt)		
Calcium		
Iron		
Total Fat		
Saturated Fat		
Polyunsaturated Fat		
Iron		

12. Go to the bottom of the Nutrient Intakes chart and click on **My Pyramid Recommendation - This is your Pyramid Stats. Print.**
13. Staple all copies and completed worksheet together and hand in.