



Inside the MyPyramid

Steps to a Healthier You!



You Are What You Eat

Your body uses the food you eat so you can live, grow and stay healthy. If you don't eat properly, you won't look, feel or do your best in everyday activities. Nutrition greatly affects how well people live. Poor diet can bring on health problems, such as certain cancers, heart disease, high blood pressure, obesity and diabetes.

MyPyramid: Steps to a Healthier You!

To help people make healthy food choices, the United States Department of Agriculture created the MyPyramid food guidance system. MyPyramid can help you:

- Make smart food choices and get the most nutrition out of your diet.
- Choose the foods and amounts that are right for you.
- Find the right balance between food and physical activity.
- Get started towards a healthy diet by providing practical tips and ideas.



The symbols on the MyPyramid remind you to make healthy food choices and to be active everyday.

The Different Parts Of MyPyramid

The 6 color bands on the pyramid represents the 5 food groups (grains, vegetables, fruits, milk, meat & beans) and oils.



The widths suggest how much food a person should choose from the group.



This shows that foods from all groups are needed each day for good health. The thicker bands stand for foods with little or no fats, or added sugars, which are foods you should eat more of. The thinner bands stand for foods that have more sugars and fats, which are foods you should eat less of. The more physically active you are, the more of these foods can fit into your diet.

Physical activity is shown by the steps the person is climbing, which is a reminder of the importance of daily physical activity.

This brochure gives a handy summary of the MyPyramid guidelines and tips so that you can make healthy food changes and move towards a healthier you!

You can visit the MyPyramid website at <http://www.mypyramid.gov/index.html>. You will find more information and you can track your diet and physical activity through the MyPyramid Tracker.

MyPyramid Guidelines: Physical Activity



Get at least 30 minutes of physical activity everyday.

What is Physical Activity?

Physical activity is movement of the body that uses energy. For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day. Do activities that you enjoy and can do regularly.

You can try:

- Brisk walking, gardening or yard work, dancing, bicycling
- Running or jogging, swimming, aerobics, sports (soccer, badminton, basketball, etc.)

Benefits of Physical Activity

1. Help you live a healthier, happier life.
2. Help relieve stress, reduce feelings of depression and anxiety.
3. Lower the risk of heart disease, certain types of cancer, type 2 diabetes, and controls blood pressure.
4. Help build and maintain bones, muscles and joints.
5. Help you achieve and maintain a healthy body weight.

Physical activity and healthy eating work together to give you good health. You get calories or energy from the food you eat. Being active burns calories and prevents extra weight gain.



**Healthy Eating + Physical Activity =
Healthy Living**



MyPyramid Guidelines: Grain Products

Eat 6 to 8 oz. of grain products everyday.

Grain products are foods made from wheat, rice, oats, cornmeal, barley, etc. Bread, pasta, oatmeal, breakfast cereals, noodles, congee, and rice are examples of grain products.

Why Should You Eat Grain Products?

Eating whole grains rich in dietary fiber as part of a healthy diet can reduce the risk of some chronic diseases such as heart disease and diabetes, and prevents problems such as constipation.

Healthy Eating Tips:

- Eat more whole grains such as brown rice, oatmeal, whole-grain corn, whole oats, whole rye, and whole wheat.
- Check the ingredient list to see if the food product is made from whole grain products. Look for words such as whole wheat, whole oats, etc. on the list. Just because the bread is brown does not mean it is a whole grain.
- Avoid grain products with added sugars and oils such as instant noodles, most baked goods, and fried foods.



Physical Activity Tip:

Take fitness breaks during work. Go for a 10-minute walk or stretch at your desk instead of taking a cigarette or coffee break.



MyPyramid Guidelines: Vegetables & Fruits

Eat 2 ½ cups of vegetables and 2 cups of fruit everyday.

The vegetable group includes vegetables or 100% vegetable juice. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated; and whole, cut-up, or mashed.

The fruit group includes fruits or 100% fruit juice. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Why Should You Eat Vegetables and Fruits?

- Vegetables and fruits provide vitamins, minerals and dietary fiber vital for good health.
- Eating vegetables and fruits as part of a healthy diet can reduce your risk of stroke, type 2 diabetes, some types of cancer, and kidney stones.

Healthy Eating Tips:

- Try frozen vegetables and fruits when fresh ones aren't available. Frozen produce is just as nutritious as fresh.
- Use fresh vegetables or fruits instead of canned or preserved. Most canned or preserved foods have added sugar and salt.
- Eat more whole or cut-up fruits instead of drinking fruit juice; whole fruit has more fiber and less sugar than fruit juice.
- Don't overcook vegetables as heat can leach the nutrients from vegetables.
- Use less oil when cooking vegetables to reduce fat.

Physical Activity Tip:

Exercise while watching TV. Jump on a stationary bicycle or treadmill, or do some stretches in front of the TV set.



MyPyramid Guidelines: Milk and Dairy Products

Get 3 cups of milk products everyday. Children ages 2 to 8 should get 2 cups everyday. (8 oz. = 1 cup)

Milk and dairy products include milk, yogurt, and cheese. Some products contain added sugars, and some are high in salt or fat, especially saturated fat. Limit products such as cream cheese, cream, butter, and ice cream, which are high in fat.

Why Should You Drink Milk?

- Milk provides important nutrients such as calcium and Vitamin D which are vital for strong teeth and bones.
- Children and teens should drink milk to build strong bones.
- Milk helps reduce the risk of bone loss (osteoporosis), a condition that affects many elderly women.

Can't Drink Milk?

If you can't drink milk, then you may have **lactose intolerance**. You can get the benefits of milk by eating calcium-containing foods such as soybeans, tofu, almonds, canned sardines, salmon and dark green vegetable such as broccoli, and bok choy. You can also drink calcium-fortified soy milk and orange juice.

Healthy Eating Tips:

- Drink low-fat or fat-free milk to lower fat and calories.
- Use fat-free milk in your coffee or milk tea.
- Increase your calcium by adding fat-free or low-fat milk instead of water to oatmeal and hot cereals.

Physical Activity Tip:

Squeeze in a 10-minute walk by parking your car further away from your destination.



MyPyramid Guidelines: Meat and Beans

Eat 5 ½ oz. of meat and beans everyday.

Meat and beans include meat, poultry, fish, dried beans and peas. Foods like eggs, nuts, and seeds are also included. Dried beans and peas are also a part of the vegetable group.

Why Should You Eat Meat and Beans?

- They provide nutrients that are vital for good health.
- They are a major source of protein, which are the building blocks for bones, muscles, skin and blood.

Healthy Eating Tips:

- Choose lean cuts of beef and pork such as round steak and pork tenderloin. Trim away visible fat before cooking.
- Choose ground meat that is at least 90% lean and has less visible white fat.
- Choose lean poultry cuts such as skinless, boneless chicken breast and turkey cutlet.
- Try low-fat cooking methods such as stir frying, steaming and boiling.
- Choose fish more often for lunch or dinner. Eat fish rich in omega-3 fatty acids which are good fats, such as salmon or trout.
- Eat beans as part of a main dish, meal or even dessert. Some choices are: stir-fried tofu, soybean drinks, edamame, and red bean desserts.

Physical Activity Tip:

Take the stairs instead of the elevator.



MyPyramid Guidelines: Oils and Fat



Oils and Fat is not a food group but they are a part of MyPyramid because they are important in our diet. Out of the food groups, you should consume oils and fat the least.

Why are Oils and Fat Important?

Many cooking oils are a good source of vitamins such as vitamins A and E, minerals, and essential fatty acids which are necessary for your health. Some types of oils and fat are healthier than others.. Please see the table below for more information about these fats.

"Bad" Oils and Fat	"Good" Oils and Fat:
<p>Usually is a solid at room temperature, and may contain saturated fat and/or trans fat.</p> <p>Saturated fat can increase blood cholesterol level and your risk of heart disease and stroke.</p> <p>Some common bad oils and fat: butter, lard, shortening, and stick margarine.</p>	<p>Usually is a liquid oil at room temperature and may contain unsaturated fats such as monounsaturated fat (MUFA) or polyunsaturated fat (PUFA).</p> <p>Unsaturated fat is a better choice than saturated fat, and may help reduce the risk of heart disease.</p> <p>Some common good oils: canola oil, olive oil, corn oil, soybean oil, and sunflower oil.</p>

Healthy Eating Tips:

- Limit foods that have saturated fat, trans fat, and cholesterol such as fast food and animal products.
- Use less oil when cooking, and skim off fat from soup before eating.
- Use a rack to drain off fat after you fry, broil or roast meat.
- Consume more fish, nuts and vegetable oils which are good sources of MUFAs and PUFAs.

Cholesterol Guidelines

Cholesterol is a form of fat that is in the blood and cells in your body. Your body makes cholesterol but you can also get it from food.

Why is Cholesterol Important?

Your body needs cholesterol to function properly. But not all cholesterol is the same. There are two types of cholesterol:

"Good" Cholesterol	"Bad" Cholesterol
<p>Also called HDL (high density lipoprotein) cholesterol</p> <p>Prevents build up of "bad" or LDL cholesterol in the blood</p> <p>Helps protect against heart disease and stroke</p> <p>For good health, your HDL level should be 60 mg/dL or higher</p>	<p>Also called LDL (low density lipoprotein) cholesterol</p> <p>Causes cholesterol build up in blood vessels, leading to blockage of blood</p> <p>Increases risk of heart disease and stroke</p> <p>For good health, your LDL level should be 130 mg/dL or lower</p>

Alert!

Eating foods high in saturated fat and cholesterol can cause "bad" cholesterol to build up in your blood vessels and blood cannot flow to your heart or brain, which can result in chest pain, a heart attack or a stroke. Too much "bad" cholesterol can also lower the level of "good" cholesterol in your body.

Reduce Saturated Fat and Cholesterol in Your Diet

- Avoid fatty cuts of beef, pork, and lamb; Chinese sausages, spare ribs, lunch meats, pig's feet, duck, preserved pork, and organ meat (liver and kidney).
- Limit fried foods, whole milk, butter, egg yolks and foods containing lard or shortening.

Trans Fat Guidelines

Trans fat is a type of fat that is unhealthy for you. Trans fat increases the level of “bad” or LDL cholesterol and lowers the level of “good” or HDL cholesterol, increasing your risk of heart disease.

Alert!

Trans fat is made when food manufacturers add hydrogen to vegetable oil. Trans fat is often found in fast food and processed foods. It increases the shelf life and stability of foods.

The following foods are high in trans fat. You should avoid or limit them.

- Deep fried foods like fried crullers, egg rolls, chicken wings, fried dumplings, fish balls
- Partially hydrogenated vegetable oil and margarine
- Store brought baked goods and packaged foods such as instant noodles, cookies, and crackers
- Fast food like hamburgers, French fries, fried chicken

Reduce Trans Fat in Your Diet

- Read the ingredient list and don't buy foods that have shortening, hydrogenated or partially hydrogenated oil listed.
- Check the nutrition facts label and choose foods with 0 grams of trans fat.
- Use good oils such as olive oil, canola oil, soybean oil, corn oil or sunflower oil when cooking.
- Replace solid shortening, hard margarine and animal fat with vegetable oil and soft margarine (liquid, tub, or spray), which have a lower amount of saturated and trans fats.

MyPyramid Guidelines: Physical Activity Daily Log



Each day, you should get at least 30 minutes of physical activity that increase your heart rate. Add a few minutes of physical activity to your normal routine during the day. A few minutes of physical activity in a day can easily add up and you can reach your goal! Use the physical activity log to see how much physical activity you do each day. Start today!

Day	Physical Activity	Minutes of Activity	Total Minutes
Example:	AM: Walked Billy to school instead of taking the bus	20 mins	30 mins
	PM: Did stretches while watching TV	10 mins	
Monday	AM: PM:		
Tuesday	AM: PM:		
Wednesday	AM: PM:		
Thursday	AM: PM:		
Friday	AM: PM:		
Saturday	AM: PM:		
Sunday	AM: PM:		

Words to Know

Nutrient/ Vitamin	Definition	Food Group
Calcium	Help build and maintain strong bones, helps for nerve function, muscle contracting and blood clotting.	Milk
Dietary fiber	Helps reduce blood cholesterol levels, may lower risk of heart disease	Vegetables, Fruits
Fiber	Important for proper bowel function to reduce constipation	Grain, Vegetables, Fruits
Folate (folic acid)	Helps the body form red blood cells	Vegetables, Fruits, Grain
Iron	Used to carry oxygen in the blood.	Grain, Meat and Beans
Magnesium	Used in building bones and releasing energy from muscles.	Grain, Meat and Beans
Niacin	Keeps enzymes functioning normally and helps the body process sugars and fatty acids.	Milk, Grain, Meat and Beans
Phosphorus	Help generate energy in the body's cells and strengthening of bones.	Milk
Potassium	May help to maintain healthy blood pressure.	Vegetables, Fruits, Milk

Words to Know

Nutrient/ Vitamin	Definition	Food Group
Protein	Function as building blocks for bones, muscles, cartilage, skin and blood.	Meat and Beans
Vitamin A	Keeps eyes and skin healthy and helps to protect against infections.	Vegetables, Fruits, Milk, Oil
Vitamins B (thiamin, riboflavin, niacin and folate)	Help the body release energy from protein, fat and carbohydrates.	Milk, Grain, Meat and Beans
Vitamin B-12	Essential for the growth and health of the nervous system.	Milk
Vitamin C	Helps heal cuts and wounds and keep teeth and gums healthy, aids in iron absorption.	Vegetable, Fruits
Vitamin D	Helps heal cuts and wounds and keeps teeth and gums health.	Milk
Vitamin E	Is an anti-oxidant that helps protect vitamin A and essential fatty acids from cell oxidation.	Vegetables, Fruits, Meat and Beans, Oil
Zinc	Helps the immune system function properly.	Meat and Beans

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Sources 資料來源:

<http://www.mypyramid.gov/index.html>.

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