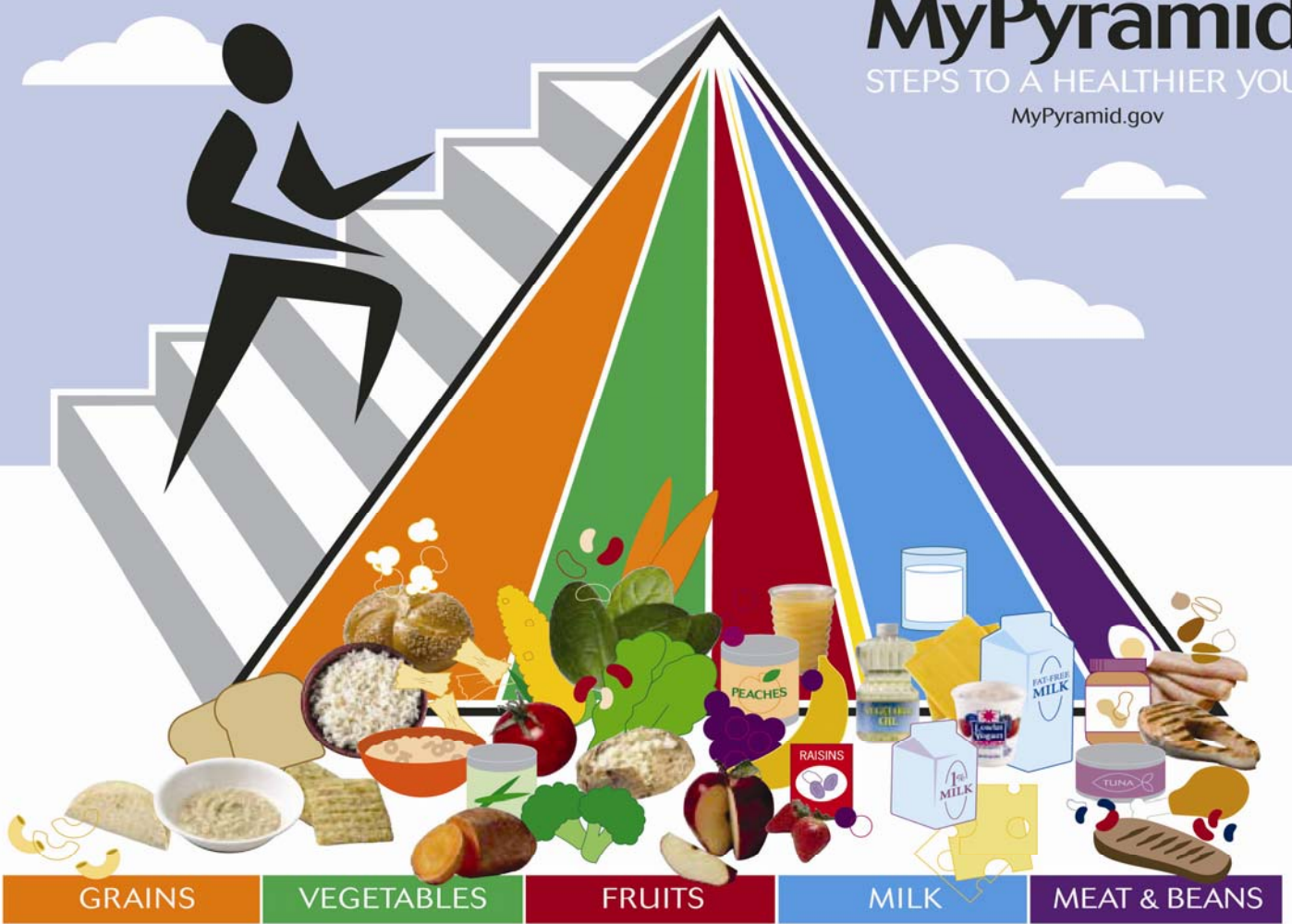


MyPyramid

STEPS TO A HEALTHIER YOU

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GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

穀類

蔬菜

水果

牛奶

肉類&豆類

<p>穀類 一半以上全穀類 GRAINS Make half your grains whole</p>	<p>蔬菜 選擇多樣 VEGETABLES Vary your veggies</p>	<p>水果 多吃水果 FRUITS Focus on fruits</p>	<p>牛奶 豐富鈣質 MILK Get your calcium-rich foods</p>	<p>肉類&豆類 瘦肉/多蛋白質 MEAT & BEANS Go lean with protein</p>
<p>每天吃至少3盎司的全穀類麥片，麵包，餅乾，米飯或者意大利麵。 Eat at least 3 oz. Of whole grain Cereals, breads, crackers, rice or pasta everyday 1盎司大約是1片麵包，或1杯早點麥片，或半杯煮熟的米、麥片或者意大利麵。 1oz. Is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta 每日吃6盎司 Eat 6 oz. every day</p>	<p>多選擇深綠色的蔬菜，例如西蘭花、菠菜和其它深綠色的菜葉。 Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens 多吃橙色的蔬菜，例如胡蘿卜和紅薯。 Eat more orange vegetables like carrots and sweet potatoes 多吃干豆類，例如花斑豆、腰豆和小扁豆。 Eat more dry beans and peas like pinto beans, kidney beans, and Lentils 每日吃2 杯半 Eat 2 1/2 cups every day</p>	<p>選擇多種多樣的水果 Eat a variety of fruit 選擇新鮮、冷凍、罐頭或者干的水果。 Choose fresh, frozen, canned, or dried fruit 適量飲用果汁。 Go easy on fruit juices 每日吃2杯 Eat 2 cups every day</p>	<p>當你購買牛奶、酸奶和其它奶制品的時候，選擇脫脂或者低脂的產品。 Go low-fat or fat-free when you choose milk, yogurt, and other milk products 如果你不習慣或不能喝牛奶，選擇不含乳糖的產品或者其它富含鈣的食物或者飲品。 If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages 每日吃3杯; 2到8歲的兒童吃2杯 Get 3 cups every day; For kids aged 2 to 8, it's 2</p>	<p>選擇低脂或者瘦的肉類和家禽。 Choose low-fat or lean meats and poultry 烘焙，燒，烤 Bake it, broil it, or grill it 改變你的日常做法：多選擇魚類、豆類、堅果類和種子類。 Vary your protein routine – choose more fish, beans, peas, nuts, and seeds 每日吃5 盎司半 Eat 5 1/2 oz. every day</p>

在飲食和體力活動之間找到平衡:

- 不要攝取超過自己每日需要的卡路里
- 盡量保持每日30分鐘的體力活動
- 大約需要每日60分鐘以上的體力活動才能防止體重增加
- 想要持續減輕體重，每日至少需要60到90分鐘的體力活動
- 兒童和青少年每日（或者大部分日子）至少需要60分鐘體力活動

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day or most days.

限量脂肪、糖和鹽（鈉）

- 脂肪的來源最好是魚類、堅果和蔬菜油
- 限制食用固體脂肪，例如黃油、人造黃油、使面点酥松的油脂和豬油，以及含有這些物質的食品
- 閱讀營養標籤，購買含有飽和脂肪、反式脂肪和鈉較少的食品
- 購買含糖量少的食品和飲料。糖份增加卡路里但幾乎沒有任何營養

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these
- Check the Nutrition Facts label to keep saturated fats, trans fat, and sodium low
- Choose food and beverages low in added sugars. Added sugars contribute calories with few if any, nutrients.