

# MyPyramid

## WHAT IT ALL MEANS

### Physical Activity

Exercise & physical activity is represented by the steps and the person climbing them. Daily physical activity is an important part of a healthy lifestyle.

### Moderation

As you move up the pyramid, each food group narrows. The wider base symbolizes foods that have little or no solid fats or added sugars. You should choose to eat these foods more often. The narrower top symbolizes the foods that contain more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

\* The new MyPyramid is a personalized approach to healthy eating & physical activity.



### Proportionality

Proportionality is represented by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not the exact proportions. Check the website for how much is right for you.

### Variety

Variety is shown by the six color bands representing the five food groups of the pyramid and oils. Foods from all of these groups are needed each day for good health.

**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

### Personalization

Personalization is shown by the person on the steps and the slogan. Online at MyPyramid.gov, you can personalize a pyramid with the kinds & amounts of each food you should eat every day.

**MyPyramid.gov**