

## How to Use the New Food Pyramid in Your *Thin Over 40* Plan

Dr. Gregg Jantz      [www.thinforlife.info](http://www.thinforlife.info)

The federal government has been working on a modification of the classic food guide pyramid, which has been part of our nutrition landscape for 12 years – and the long-awaited revisions have finally arrived! To access this wonderful and very useful site, you can go to [www.mypyramid.gov](http://www.mypyramid.gov). Here's what the top of the homepage looks like, with a screen shot taken while I was writing this for you. You'll see a variety of links and lots of information. One of the most revolutionary changes is that instead of one standard pyramid for everyone, there are now 12 different pyramids and you can view a "customized" personal pyramid, based upon your age, gender and amount of physical activity.

Screen Shot of Homepage for [www.mypyramid.gov](http://www.mypyramid.gov) — the new food pyramid from the government

**USDA** United States Department of Agriculture

**MyPyramid.gov**

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### Steps to a Healthier You

**One size doesn't fit all.** MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

**My Pyramid Plan**

**Age:**  **Sex:** [Select] ▼

**Physical Activity:** Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select] ▼

**SUBMIT**

**My Pyramid Tracker**

**Go here** for an in-depth assessment of your diet quality and physical activity status.

What's truly amazing about the New Pyramid is how well it fits with the principles and concept of the *Thin Over 40* Plan! By using this free, comprehensive website (which you've already paid for through your hard-earned tax dollars!), you can complement what you're reading and learning in *Thin Over 40*. I encourage you to go to this website and give yourself time to click onto every link that interests you. The federal government has done a wonderful job putting together commonsense, practical nutritional and health information, in a colorful and user-friendly manner.

On the new Food Pyramid, you'll notice the colored bands that go top-to-bottom, as well as the staircase to the left, which emphasizes the need to engage each day in physical activity. On the bands, each color represents a different food category: orange = grains, green = vegetables, red = fruits, yellow = oils/fats, blue = dairy and purple = meats and beans. Within these categories, there are recommendations for each. I'll show you what my personal pyramid looks like and how you can access your own.

Before we do that, however, I'd like to quickly run you through some of the other features on the homepage, shown under "Spotlights:"

- The first is "Tour My Pyramid." This link takes you to another screen where you can view a short animated feature about the new food pyramid.
- Next is a 2-page mini-poster that shows the pyramid and an explanation of each of the food categories. It's colorful and could easily be laminated as a quick reference.
- Next is "Inside the Pyramid." By clicking on the different colored bands of the pyramid, you get more specific information on each food group, common terms, what to look for on food labels and a list of examples of what is in each food group. Lots of great information here, especially as you're getting ready to head to the grocery store for next week's shopping!
- The last link is "Tips & Resources," with helpful hints on how to make sure half our grains are whole-grains and tips for balancing food intake with physical activity.

**Spotlights**

**Tour MyPyramid**  
Take a tour of the new pyramid in this animated feature.

**Mini-Poster Download**  
View and download the MyPyramid mini-poster to learn the basics about eating healthy and physical activity.  
[PDF - You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF file.]

**Inside The Pyramid**  
Explore the pyramid to learn about the food groups and to see how much physical activity you should be getting.

**Tips & Resources**  
Learn how to make MyPyramid work for you. Find a wealth of ideas that can help you get started toward a healthy diet. There are tips for each food group, physical activity, eating out, a sample menu, and more...

Let's go back to the homepage and I'll walk you through how to use the "My Pyramid Plan" feature, which will allow you to personalize your pyramid and gain information specific to your age, gender and physical activity level.

Note on the upper right-hand side of the homepage — you'll see a feature called: "My Pyramid Plan." Using this feature, put in your age, gender and level of physical activity. Here's what my plan looked like, based upon my age (45), gender (male) and physical activity level (30-60 minutes per day):

You'll see that I get guidelines on how many of each food group to eat during the day, even down to what the total amount should be, in cups and ounces. You can click each food group and get more information and examples of items in each food group. Notice the tips under the colored bars: under the orange grain, it tells me to make sure half of my grains are whole grain. Under the veggies, I get detailed weekly recommendations not only for veggies but for what *kinds* of veggies. Under the yellow oils/fat, it tells me to shoot for no more than 8 teaspoons of oil per day.

On the right hand side of this screen, there are more helpful tools under "View, Print & Learn More."

- On the first option, you can get a printable version of your personalized chart.

**My Pyramid Plan**

Based on the information you provided and the average needs for your age, gender and physical activity [Age: 45, Sex: male, Physical Activity: 30 to 60 Minutes] your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 2600 calorie pattern\*.

<b>Grains</b> <sup>1</sup>	9 ounces	tips
<b>Vegetables</b> <sup>2</sup>	3.5 cups	tips
<b>Fruits</b>	2 cups	tips
<b>Milk</b>	3 cups	tips
<b>Meat &amp; Beans</b>	6.5 ounces	tips

Click the food groups above to learn more.

**1 Make Half Your Grains Whole**  
Aim for at least 4.5 whole grains a day

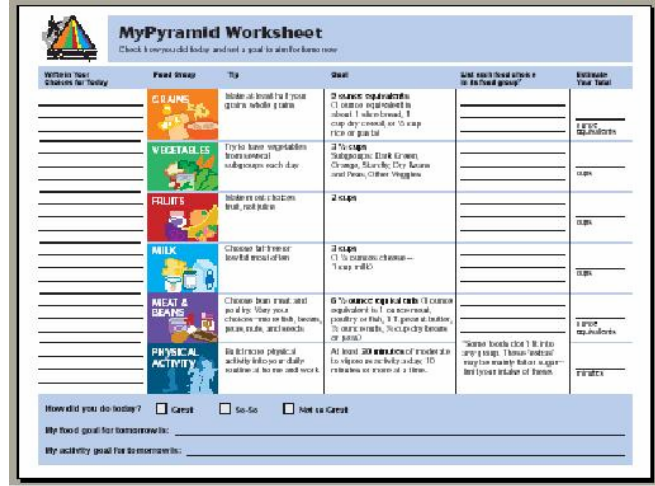
**2 Vary Your Veggies**  
Aim for this much every week:  
Dark Green Vegetables = 3 cups weekly  
Orange Vegetables = 2 1/2 cups weekly  
Dry Beans & Peas = 3 1/2 cups weekly  
Starchy Vegetables = 7 cups weekly  
Other Vegetables = 8 1/2 cups weekly

**Oils & Discretionary Calories**

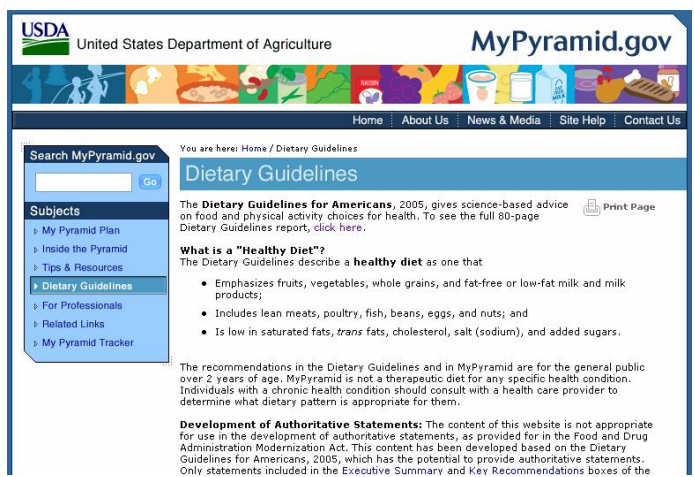
**View, Print & Learn More:**

- ▶ Click here to view and print a PDF version of **your results**.
- ▶ Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.
- ▶ For a more detailed assessment of your diet quality and physical

- On the second option, you can download a colorful “My Pyramid Worksheet,” a daily work designed to help you track how you’re doing in each of your food categories during the day.
- The final option is for the “My Pyramid Tracker.” This feature allows you to assess your food intake and your physical activity. To use these features, you must log in, first creating a user ID and password. From there, you can input your personal data, including height and weight. You are also able to put in all the foods you’ve eaten for the day, as well as what physical activity you’ve engaged in. The program will calculate how you’re doing, based upon your personalized pyramid. With this feature, you can track your progress daily, weekly, monthly, up to one year. Daily you can see how you are doing toward obtaining needed vitamins and minerals, as well as how many calories you’re expending in your daily activity. There’s a handy option that allows you to save repeated food favorites under “Frequently Used Foods” and repeated physical activities under “Frequently Performed Activities.” For both of these, you can create a master list so you won’t need to constantly be searching for your favorite foods or favorite activities. Putting together your master list takes a little bit of time, initially, to search for and create your “Frequent” lists, but it can also be instructive! And you can use these lists to go back each day and streamline the inputting of your information.



Let’s go back to the homepage again, and look at the left-hand side of the screen, to the box that says “Search MyPyramid.gov.” Under the 4th subject listed, “Dietary Guidelines,” you can obtain more helpful information. You can even download an 80 page “Dietary Guidelines for Americans,” with more information than you probably want! This page also has some practical information, like what is meant by a “healthy diet.”



Remember, the second subject — “Inside the Pyramid,” connects you to the page where you can click on each “wedge” of the pyramid and get detailed information about food choices. I encourage you to print up these pages—and any others you’ve found helpful—and use them as you are preparing your menus and shopping lists for *Thin Over 40*.

Published prior to the release of the new food pyramid, it’s amazing how the government’s information and *Thin Over 40* come together! As you can see, the book is not a gimmick or fad diet. Those don’t work—or they work in

the opposite direction, causing you to yo-yo in your weight, gaining more and more after each frantic attempt!

The *Thin Over 40 Plan*, with its balanced, life-long approach, teaches you the skills you need to be successful for life!

#### *5 SUCCESS ESSENTIALS*

- *Healthy Eating*
- *Physical Movement*
- *Nutritional Support*
- *Curative Sleep*
- *Proper Hydration*



*Go ahead and Live the Plan for 12 weeks.  
Allow it to become part of who you are, not just what you do!  
I believe in you!*



A handwritten signature in black ink, which appears to read 'Gregg Jantz'.

*Dr. Gregg Jantz—with Hope!*