

## MyPyramid Basics

MyPyramid is a guide to help us make healthy food choices from each of the five food groups every day. It represents healthy eating and encourages physical activity.

The slogan “**Steps to a Healthier You**” shows that you can improve your health by making small changes in your eating and exercise habits each day. It also shows the importance of being physically active most days of the week.



### 4 Key Messages

- **Variety-** The orange, green, red, blue, and purple color bands represent the five different food groups. The yellow band represents oils. Remember to eat foods from all five food groups (and oils) for good health.
- **Balance-** Some of the color bands are wider than others. The different widths remind us to choose more foods from the food groups with the widest bands.
- **Moderation-** Within each food group there are foods that you should eat more often than others. The foods that you should eat more often go in the wider bottom half of the pyramid. These foods are higher in vitamins and minerals with little or no solid fats or added sugars. The foods that you should eat less often go in the narrower top half of the pyramid. These foods contain more solid fats and added sugars.
- **Activity-** The person climbing the stairs reminds us to be physically active every day. Include activities like running, walking, playing, swimming, biking, or climbing the stairs every day. Aim to be physically active for at least 30 minutes most days of the week.

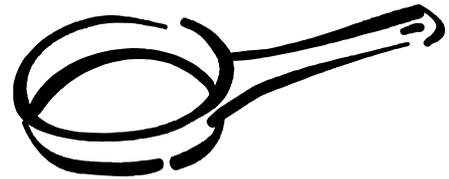
Know how. Know **now.**

## Keep Active

- To maintain a healthy weight, we should eat the same number of calories we use during the day. Find your balance between food and physical activity. Calories in equal calories out.
- MyPyramid recommends 30-90 minutes of physical activity every day, but that does not mean it needs to be done all at the same time. Do 10 minutes here, 10 minutes there, until it all adds up.
- Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot or bus stop.
- Keep it interesting by trying something different a few days a week. What's important is to be active most days of the week and make it part of daily routine.

## Skillet Lasagna

8 servings



1	lb. ground beef	6	oz. wide noodles, uncooked
½	onion, chopped	1	(10 oz.) pkg., chopped spinach, thawed
2	cloves garlic, minced or ¼ tsp. garlic powder	1	(6.5 oz.) can sliced mushrooms, drained (optional)
3	c. spaghetti or pasta sauce	1	(12 oz.) container low-fat cottage cheese
1½ -2	c. water	½	c. shredded Mozzarella cheese

1. In a large skillet or electric frying pan, brown ground beef, onion, and garlic. Drain fat.
2. Add spaghetti sauce and water to the skillet and bring to a boil.
3. Add uncooked noodles, stir, cover with a lid, turn down the heat, and cook for 5 minutes.
4. Squeeze the thawed spinach to remove the juice and then stir into the pan.
5. Add mushrooms, if desired, cover and simmer for 5 minutes.
6. Spoon cottage cheese over the top, sprinkle with Mozzarella cheese.
7. Put the lid on and let it heat another 5-10 minutes until heated through and noodles are tender.
8. Serve warm.

Nutrition Facts per serving: 320 calories, 13 g fat (20% DV), 5 g saturated fat (25% DV), 45 mg cholesterol (15% DV), 760 mg sodium (32% DV), 29 g total carbohydrates (10% DV), 3 g fiber (12% DV), 4 g sugar, 22 g protein, vitamin A 30%, vitamin C 15%, calcium 20%, iron 15%.