



MyPyramid emphasizes the basics. Keep good nutrition simple ---

MY PYRAMID.GOV --- STEPS TO A HEALTHIER YOU

MyPyramid emphasizes the basics. Keep good nutrition simple --- stay within calorie limits, enjoy foods rich in essential nutrients from all five food groups, and be physically active. There are five food groups for a reason. No single food or food group can provide all 50 plus nutrients you need each day. It is important to choose foods rich in essential nutrients from ALL food groups.

AND THE FIVE FOOD GROUPS ARE:

GRAINS - Make half your grains whole. Choose whole-grain foods --- such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn --- more often.

VEGETABLES - Vary your vegetables. Go dark green and orange with your vegetables --- eat spinach, broccoli, carrots, and sweet potatoes.

FRUITS - Focus on fruits. Eat them at meals AND at snack times. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

MILK - Get your calcium-rich foods. To build strong bones, include low fat and fat-free milk and other milk products with your meals and snacks every day.

MEAT & BEANS - Go lean with protein. Eat lean beef and pork, skinless chicken and turkey, and fish. Also, use more dry beans and peas. Add chickpeas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to a soup.

EAT RIGHT. EXERCISE. HAVE FUN.

Find your balance between food and fun. Set a good example. Establish a routine. Set up a home gym. Just get up and move more. Walk, dance, bike, rollerblade --- it all counts. Just being active for six 10-minute bouts over the course of a day, while not exceeding your caloric limits, will meet the weight maintenance needs of most adults.

Contact Information

Done Right Food Catering Services, 615 Vicki Lane, Shoreview, MN 55126

651-702-5998 or donerightfood@gmail.com

Mary @ 651-485-1576 or Adam @ 612-501-7579Info