



MyPyramid outlines a healthy personal eating plan based on the 2005 Dietary Guidelines for Americans to achieve a healthy diet. MyPyramid encourages consumers to “make smart choices from each food group” emphasizing low-fat or fat-free dairy foods, fruits, vegetables, grains (half as whole grains), and lean or low-fat meats or other proteins.

Use this handy checklist to help you shop for nutrient-rich foods and plan meals that will help meet food recommendations from MyPyramid, which are listed with each food group below (for 2000 calorie diet).

### **Grains (6 ounces)**

- Bagels
- Brown rice
- Bulgur/Cracked wheat
- Couscous
- Enriched white bread
- Flour tortillas
- Oatmeal
- Pasta noodles
- Wheat cereal
- White rice
- Whole grain barley
- Whole wheat bread
- Whole wheat crackers
- Whole wheat cereal
- Whole wheat sandwich buns and rolls
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### **Vegetables (2 ½ cups)**

- Arugula
- Broccoli
- Brussels sprouts
- Carrots
- Green beans
- Green onion
- Green, orange, red and yellow bell peppers
- Mushrooms
- Peas
- Potatoes
- Red cabbage
- Red onions
- Red potatoes
- Romaine lettuce
- Spinach
- Summer squash
- Sweet potatoes
- Tomatoes
- Zucchini
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### **Fruits (2 cups)**

- Avocados
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapes
- Grapefruit
- Orange juice
- Peaches
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon
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### **Milk (3 cups)**

- Reduced-fat or fat-free cheese
- American
- Cheddar
- Cottage cheese
- Part-skim Mozzarella
- Parmesan
- Ricotta
- Swiss
- Fat-free or low-fat milk
- Fat-free or low-fat yogurt
- Lactose-free milks
- Lactose-reduced milks
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### **Meat & Beans (5 ½ ounces)**

- Beans and Seeds*
- Almonds
- Black beans
- Chickpeas (garbanzo beans)
- Kidney beans
- Lentils
- Peanuts
- Pinto beans
- Soy beans
- Sunflower seeds
- Tofu
- Walnuts
- Beef*
- 90-95% lean ground beef
- Bottom round roast or steak
- Brisket, flat half
- Eye round roast or steak
- Top sirloin steak
- Chicken*
- Skinless chicken breast
- Skinless chicken thigh
- Skinless ground chicken breast
- Fish and Shellfish*
- Cod
- Halibut
- Mussels
- Oysters
- Salmon
- Light tuna, canned in water
- Pork*
- Tenderloin
- Boneless loin roast
- Boneless loin chops
- Turkey*
- Skinless ground turkey breast
- Skinless turkey breast
- Skinless turkey thigh
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- Eggs*
- Chicken Eggs
- Duck Eggs