

# It's Up to You



## Decide What YOU Will Eat

<p><b>2 Cups a day*</b></p>	<p><b>2½ Cups a day*</b></p>	<p><b>3 Cups a day*</b></p>	<p><b>5½ Ounces a day*</b></p> <p>Choose OILS in place of fats that are solid at room temperature</p>	<p><b>6 Ounces a day*</b></p>
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Use the label to choose foods **HIGHER** in vitamins & minerals & **LOWER** in calories



Choose foods for their nutrients

5% Daily Value or Less is

**LOW**

20% Daily Value or more is

**HIGH**

The first 3 items on **INGREDIENT LISTS** make up the largest parts of foods.

**Eat Half Your Grains as Whole Grains**

whole wheat  
brown rice  
bulgur  
oats  
popcorn

**Eat Less Added Sugars & Solid Fats**

sugar  
fructose  
corn syrup  
honey  
butter  
animal fats  
shortening  
hydrogenated oils

\*For a 2,000 calorie diet, you need the amounts shown above from each food group.

To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov)

More materials and information are online at: [teammnutrition.usda.gov](http://teammnutrition.usda.gov).

