

## Health and Fitness Awareness Tips You Need to Know

You can definitely personalize your eating choices with the MyPyramid food groups but you cannot assume that one size fits all. It is your job to make wise food choices from this food pyramid and balance your food intake with physical activity. MyPyramid foods are designed for everyone from two years of age and up. This is not a therapeutic diet. If you have a certain health condition, always consult your physician for the appropriate dietary plan.

The recommended amount of foods that we consume is measured in ounces and cups. When you think of the Grain and Meat Group, you should think of serving sizes in ounces. Recommendations of the other groups including the Milk, Vegetable and Fruit Group are measured in cups. The amount that is needed from each of the food groups depends upon gender, age and physical activity.

**The Grain Group:** This consists of any foods that are made from wheat, oats, barley, rice, cornmeal or any other cereal grain. There are two subgroups in the grain group which are whole grains and refined grains. Examples of grain products are bread, oatmeal, tortillas, pasta, breakfast cereals and grits.

**The Vegetable Group:** Any vegetable, even if it is 100% vegetable juice, is considered to be a member of the vegetable group. They may be raw or cooked. They may also be fresh, canned, whole, mashed, frozen, dried/dehydrated or cut-up. This group is further divided into five subgroups consisting of dark green, starchy, orange, dry peas and beans and other vegetables. Some examples are broccoli, green peas, lettuce, cabbage, cauliflower and celery.

**The Fruit Group:** You may consider any fruit as well as 100% fruit juice to be part of the fruit group. They may be fresh, frozen, canned, dried, whole, pureed or cut-up. Some commonly known fruits are apples, bananas, pears, apricots, strawberries, raspberries and cherries.

**The Milk, Yogurt and Cheese Group:** To be considered part of this group, foods must be made from milk and there should also be fluid milk products. Most of the products from this group should be either fat-free or low-fat. Some examples of foods in this group are all fluid milk, flavored milk, pudding and frozen yogurt.

**The Meat, Fish, Eggs, Poultry, Dry Beans and Nuts Group:** Foods that are part of this large grouping are foods that are made from meat, fish, eggs, seeds poultry, dry beans or peas and nuts. Foods that you choose for poultry and meat should be low-fat or lean. Nuts, fish and seeds all contain healthy oils that it would be wise to choose these foods often rather than meat and poultry. Examples of foods in this group are beef, pork, chicken, lentils, kidney beans and lima beans.

**The Oils Group:** Oils are fats that turn into liquid at room temperature. Oils also come from fish and from different plants. Some oils are used as flavorings such as sesame oil. Examples of foods from the oils group are canola oil, olive oil, sunflower oil, mayonnaise soft margarine that do not have any trans fats and some salad dressings. Here is a bird's eye view of the MyPyramid foods. When eating the proper servings from each group, you can be assured that you are getting just the right amount of nutrition.

### About the Author

[Liquid Ionic Minerals](#) are [Liquid Minerals, 100% absorbed](#) into your body that help achieve a complete balanced healthy system.

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