

New Food Pyramid – Winter 2006

The providers at Advanced Pediatrics encourage families to check out the new Food Pyramid developed by the U.S. Department of Agriculture. One of the key differences between the new Food Pyramid and the old one is the addition of exercise into an overall plan to maintain a healthy weight. Another feature of the new Food Pyramid is that it can be personalized based on age, sex and level of physical activity. By logging on to www.MyPyramid.gov, families can find customized recommendations for diet and exercise, as well as fun online nutrition related games for children. On this website, parents can input a child's age, sex and level of physical activity to find specific eating recommendations for their child. For an average 10 year old child's 1,800 calorie diet, the new Food Pyramid recommends the following daily:

- 6 oz. of grains (at least half should be whole grain)
- 2 ½ cups vegetables (of varied color)
- 1 ½ cups fruit (go easy on juice and make sure it's 100%)
- 3 cups milk, yogurt or cheese (lowfat or fat-free)
- 5 oz. meat and beans (lean meats, baked, broiled or grilled – not fried – and nuts, seeds, peas and beans)
- Eat only a small amount of oils (corn, soybean and canola)
- Limit solid fats and foods that contain them
- Choose food and beverages low in added sugars and other caloric sweeteners
- Perform at least 60 minutes of exercise