

Nutrition Advice

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Want more specific eating advice you can use in the campus cafeteria? Here's an example:

Let's say you are a 21-year-old female college student. You get less than 30 minutes of exercise in each day. To find out your nutrient and exercise needs, you go to www.mypyramid.gov and learn that 2,000 calories a day would help you to maintain your current weight. MyPyramid also explains the amount you should eat in each food group, which is as follows:

Grains	6 ounces	Tips
Vegetables	2.5 cups	Tips
Fruits	2 cups	Tips
Milk	3 cups	Tips
Meat & Beans	5.5 ounces	Tips

In the above scenario, here is an example of a good menu for one day:

	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Grains: 6 oz.	Oatmeal, 1/2 cup			Whole- grain bread, two slices	Brown rice, 2/3 cup	Low-fat popcorn, 3 cups
Vegetables: 2.5 cups			Salad, 1 cup; vegetable beef soup, 1 cup		Broccoli, 1/2 cup	
Fruits: 2 cups	Banana, one medium					Apple, 1 medium
Milk: 3 cups	Low- fat/skim milk, 1 cup			Low-fat yogurt, 1 cup	Low- fat/skim chocolate milk, 1 cup	

Meats and Beans: 5.5 oz. (includes beef from soup)

Almonds,
2 oz.

Lean turkey slices, 2 oz.

Kidney beans, 1/2 cup

Discretionary Calories: The tip of the pyramid

Low-fat mayo, 2 tsp.

Again, following this meal pattern should help you maintain your weight, depending on your height and weight. If you are interested in losing or gaining weight, you may need to adjust your intake and activity. Learn more at <http://www.mypyramidtracker.gov/> or go to your campus wellness center. Keep in mind that you will need to eat a variety of foods each day.

MyPyramid also provides information on how to choose foods to get a variety of nutrients:

Grains

- Aim for at least [three whole grains](#) a day

Vegetables

- [Dark green vegetables](#) = 3 cups weekly
- [Orange vegetables](#) = 2 cups weekly
- [Dry beans and peas](#) = 3 cups weekly
- [Starchy vegetables](#) = 3 cups weekly
- [Other vegetables](#) = 6 1/2 cups weekly

Oils and discretionary calories

- Aim for [6 teaspoons of oils](#) a day
- Limit your extras (extra fats & sugars) to 265 calories

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