

# Meal and Exercise Plan

Skills: Type a web address, follow links

Materials: Internet access

Activity: Find out what types of foods you should eat. This is based on your age, sex and how much you exercise.

1. Go to [www.mypyramid.gov](http://www.mypyramid.gov)

2. Click on My Pyramid Menu Planner.

The screenshot shows the MyPyramid.gov website. At the top, there is a header with the USDA logo and the text "United States Department of Agriculture" on the left, and "MyPyramid.gov" on the right. Below the header is a colorful banner with various food and activity icons. A navigation bar contains links for "Home", "About Us", "News & Media", "Site Help", "Online Ordering", "Contact Us", and "En Español".

On the left side, there is a search bar labeled "Search MyPyramid.gov" with a "Go" button. Below it is a "Subjects" menu with the following items:

- MyPyramid Menu Planner
- MyPyramid Tracker
- Pregnancy & Breastfeeding
- MyPyramid Plan
- Steps to Healthier Weight
- Inside the Pyramid
- Tips & Resources
- Partnering with MyPyramid
- For Preschoolers (2-5yrs)
- For Kids (6-11yrs)
- For Professionals
- Dietary Guidelines
- Related Links

An arrow points from the text "2. Click on My Pyramid Menu Planner." to the "MyPyramid Menu Planner" link in the Subjects menu.

In the center, there is a logo for "MyPyramid.gov" featuring a stylized figure climbing a staircase that forms a pyramid. Below the logo is the text "MyPyramid.gov" and "STEPS TO A HEALTHIER YOU".

To the right of the logo, there is a section titled "One size doesn't fit all." with the text: "MyPyramid offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you:"

- ▶ Make smart choices from every food group.
- ▶ Find your balance between food and physical activity.
- ▶ Get the most nutrition out of your calories.
- ▶ Stay within your daily calorie needs.

On the far right, there are three promotional boxes:

- A "NEW" box for "MyPyramid for Preschoolers" with an illustration of children.
- A box for "MyPyramid Menu Planner" with the text "Menu Planner" in a script font.
- A box for "MyPyramid Tracker".
- A box for "MyPyramid for Pregnancy and Breastfeeding" with an illustration of a woman and a baby.

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3. Click in the boxes with your mouse and type in your information.

4. When you are finished, click on Submit.

You will get a chart like this:



## It's easy to get started.

Fill out the information below to determine your personal MyPyramid goals. Then you can beverages you plan to eat. You can save your menu choices for later by registering. After register for free at any time by selecting the "Register" tab on the Menu Planner's main pa

Want to learn more about the Menu Planner first? [Click here](#) for a Site Tour. For a fully a planning tool, please use the [MyPyramid Tracker](#).

\* Required field

\*Name:

\*Age:

\*Gender: [Select] ▼

Weight:  pounds

Height: [Select] ▼ feet [Select] ▼ inches

\* **Physical Activity:** Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do **in addition to your normal daily routine**, most days.

[Select] ▼

You can also use your height and weight to determine your Body Mass Index, or BMI. To learn more about BMIs or calculate yours, [click here](#).