

## U.S.D.A'S MY PYRAMID PROGRAM

This is an on-line nutrient database to track your daily food intake.

### 1. GETTING STARTED - INSTRUCTIONS FOR ACCESSING "MY PYRAMID" PROGRAM

- Access the Internet and go to the website, [www.mypyramid.gov/](http://www.mypyramid.gov/).
- When the website opens, go to the blue box at the top left, which is labeled, "Search My Pyramid.gov", and click the very last item, "My Pyramid Tracker".
- When the new page opens up, go to the very bottom by moving the right-hand side bar down with the cursor. Under the heading, "Access", click on "New User Registration". A box will appear on the screen, called "New User Registration Profile", which allows you to create an account. Fill in the User ID, using 6 – 20 characters, the Password, using 4 – 10 characters, and then confirm your password by retyping your chosen password. You can supply the optional information if you wish. In the event you forget your password, by providing your e-mail address, you will be sent the "password hint". Otherwise, you will need to create a new account if you do not supply an e-mail address and cannot remember your password.
- Once you have completed the "New User Registration Profile" box, click on "Submit". If somebody else has already chosen the User ID that you selected, you will be asked to choose another User ID. After clicking on "Submit", a "New User Registration Profile - continued" box will pop up. Fill in your age, gender, and the day of entry, which is the date of your food intake. You will need to change the date if it is different from the one displayed on the screen. Also, enter your height and weight. The height is set for feet and inches, but if you prefer to use metric measurements, click on "centimeters", and put in that number. Weight is measured in pounds, but if you click on "kilograms", you can enter your weight using that measure. Once you are finished filling in the box, click on "Save Today's Changes". A box will appear that states that your changes have been saved, and then click, "Okay".

### 2. SEARCHING FOR FOODS AND TROUBLESHOOTING

- Next, click on "Proceed to Food Intake" at the bottom of the "New User Registration Profile - continued" box. A new box will appear, which has "Enter Food Item" on the left-hand side of the page, and "Here are the foods "username" has eaten on a certain date", on the right-hand side of the page.
- Type in the first item of the first day of your food record in the text box, and then click "Search". For example, if you type in "Milk", all the foods containing the word, "Milk" in their title would be listed. Click on the item that closely resembles the food that you ate. It will appear on the right-hand side of the page. Repeat the additions of each food until you have included all the foods and beverages eaten in a 24-hour period.

- Note that if you eat a food item more than once in a given day, you may enter it only once on the food list. You will need to add up the number of servings of the food that you ate in the same portion size, like cups, and enter the total amount eaten for the day. If you wish to remove an item, you may do so by clicking on “Remove” to the left of that food item on your list. A box will appear, confirming your decision to remove the item. Click “OK” if you want to delete the item, or “Cancel” if incorrect. If you have difficulty trying to find a food, it is because the database has difficulties distinguishing between singular and plural forms of food words. Try using the plural of a food, if you used the singular version of a food, and vice versa. Also, some foods are listed as one word, when you might consider it to be two words, such as “Applesauce”.

### 3. CREATING AND PRINTING REPORTS

- Once you have entered all the food items eaten for one day, click on “**Select Quantity**” on the right-hand side of the page, under the list of foods consumed on the given date. Select a serving size under each food and then put the number of servings per item. Use decimals rather than fractions for numbers less than one. For example, if you had 1 ½ cups of milk, use “1.50” for the number of servings. See the sample of a one-day record for foods displayed in the following pages, as it would appear on your computer screen.
- Once you have completed entering the portion sizes, click on the first button under your food list called, “**Save and Analyze**”. A page called, “**Analyze Your Food Intake**” will appear on the screen. Choose the second box “**Nutrient Intakes**”, and click on “**Calculate Nutrient Intakes from Foods**”. Make a printout of this page. A sample report of this page is displayed in the following pages.
- Next, click on the back arrow at the top of screen to go back to the “**Analyze Your Food Intake**” page, choose the first box called, “**Meeting 2005 Dietary Guidelines**”. This report provides a recommendation for servings from each food group and uses “Emoticons” to represent the quality of your intake. A box appears that asks: Would you like to have an energy recommendation that: Maintains your current weight? Or Leads you to gradually achieving and maintaining a healthy weight? Choose “**Maintains your current weight?**” and then click on “**GO!**”. Print out a copy of this page, which will be discussed in class.
- To return to entering your food record, click on the third button at the top of the page called, “**Update Profile**”. Change the date of intake and then click on “**Save Today’s Changes**”. Next, click on “**Proceed to Food Intake**”, and add the second day’s food intake in the same manner as above, and print out the “**Nutrient Intakes from Foods**” page and “**Meeting 2005 Dietary Guidelines**” page for that day. Repeat the process for day 3 of your food record.
- If you are unable to completely enter all three days in one session, click on the button, “**Save and analyze**”, so that your work will be saved. You can return to entering your food record by entering your username and password as an existing user, and then change the intake day to represent your food intake record. Note

that your session will "time out" after 45 minutes of inactivity on the computer. If your session times out, simply log in again. You may need to re-enter some food items depending on when your session "timed out" and if the data was not saved.

#### 4. ANALYZING YOUR FOOD RECORD

- A. Once you have completed entering the portion sizes, click on the first button under your food list called, "**Save and Analyze**". Scroll down to the bottom of the next page entitled, "**Analyze Your Food Intake**" and click on "**Calculate Healthy Eating History**". In the middle of the right-hand box called, "**Healthy Eating History**", click on "**View History For: 1 week**". On the left-hand side of the page, click on each nutrient under "**Nutrient Intake**", and scroll down to the far right of the screen to see your daily average of each nutrient and the total for each day.
- B. A separate table in your syllabus called, "**PERSONAL DIETARY ASSESSMENT 3-DAY AVERAGE OF NUTRIENTS**", is provided for you to complete with the daily averages for each nutrient.
- C. Once you have completed this, go back over your 3-day averages and determine which nutrients you are low in, as compared to the Dietary Reference Intakes (DRI's), and type [http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/wt\\_rank.html](http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/wt_rank.html). Use the column, "Sorted by Nutrient Content" to find foods that are good sources of the nutrient of interest.
- D. Return to the Home page of MyPyramid.gov ([www.mypyramid.gov](http://www.mypyramid.gov)). In the blue box on the left-hand side of the page, click on the fifth button titled, "For Professionals". Go to the very bottom of the next page, and click on "**Food Tracking Worksheet**". A list of calorie levels is presented. Choose the level that corresponds closest to your 3-day average for calories and print out that page. It can be printed in black and white. A sample of this worksheet is in the following pages of your syllabus. Transfer one day's intake onto the "**MyPyramid Worksheet**" by writing the foods in the left-hand column to see whether you are meeting your requirements for food serving sizes. You may pick your "best day", "worst day" or "average day". Write the corresponding foods in the column that reads, "List each food choice in its food group," and then estimate your total number of servings, based on the portion sizes given for each food group. Check off the box at the bottom of the page that asks, "How did you do today?"
- E. If you want to determine the amount of a particular nutrient in a food that you ate, you can add one food item at a time to the food intake page, and then press "**Save and Analyze**" right away after each time you add a food item. Next, choose the second box "**Nutrient Intakes**", and click on "**Calculate Nutrient Intakes from Foods**". A second way to find nutrients per food item is to use the USDA's nutrient data laboratory web site at: <http://www.nal.usda.gov/fnic/foodcomp/search> and search by food item.

