



ONLINE TOOLS



Email

Password

Q

Sign in



MY.NYOUTRITION

Search



Welcome to nYOUtrition.org!

Eating healthy is a progressive journey. Ask US; we are all willing to help YOU!

We invite YOU to TAKE ACTION NOW:

CALCULATE YOUR BMI (*) NOW »

(*) Body Mass Index (BMI)

(**) Daily Calories Intake Index (DCII)

CALCULATE YOUR DCII () NOW »**

MY.nyoutrition.org

FIND resources for you EXPLORE online tools

HEALTHY EATING STYLE ∨

- Children
- **Students**
- Adults
- **Professionals**
- **People with disability**
- Non english natives
- Special needs

FIND ONLINE RESOURCES »

- **Online BMI calculator**
- **Interactive checklists**
- **Basic monitoring tool**
- Advanced monitoring tool
- **Portion distortion**
- **BMI** benchmarking tool
- DCI benchmarking tool

EXPLORE ONLINE TOOLS »

Fruits

- Vegetables

- Grains

Protein Foods

Dairy

Oils

My.nYOUtrition

REGISTER NOW FOR VALUDE-ADDED SERVISES »

© nYOUtrition.org Site map

Data policies

Privacy policy

Accessibility statement

Code of conduct Information quality

Contacts







Sign out

DASHBOARS

MY FOOD PLANS

ONLINE TOOLS

MY.NYOUTRITION

Search





Jone Doe

BMI: 30 (Target: 25)

DCII: 3000

Calorie target: 2000



Benchmarking



My network



Messaging



TO DO

Insert your notification message





Notifications

My expert

Fruits

2 cups

Food group targets for a 2,000 calorie* pattern are

1 cup of fruits counts as

- · 1 cup raw or cooked fruit; or
- 1/2 cup dried fruit; or
- 1 cup 100% fruit juice.

Vegetables

2 1/2 cups

1 cup vegetables counts as

- · 1 cup raw or cooked vegetables; or
- · 2 cups leafy salad greens; or
- · 1 cup 100% vegetable juice.



6 ounce equivalents

1 ounce of grains counts as

- · 1 slice bread: or
- · 1 ounce ready-to-eat cereal; or
- 1/2 cup cooked rice, pasta, or cereal.



5 1/2 ounce equivalents

1 ounce of protein counts as

- · 1 ounce lean meat, poultry, or seafood; or
- · 1 egg; or
- 1 Tbsp peanut butter; or
- 1/4 cup cooked beans or peas; or
- 1/2 ounce nuts or seeds.



3 cups

1 cup of dairy counts as

- · 1 cup milk; or
- · 1 cup yogurt; or
- · 1 cup fortified soy beverage; or
- 11/2 ounces natural cheese or 2 ounces processed cheese



Limit:

- Sodium to 2,300 milligrams a day.
- Saturated fat to 22 grams a day.
- Added sugars to 50 grams a day.



Be active your way:

Adults:

 Be physically active at least 21/2 hours per week.

Children 6 to 17 years old:

Move at least 60 minutes every day.

Contacts

© nYOUtrition.org Site map Data policies Privacy policy Accessibility statement Code of conduct Information quality

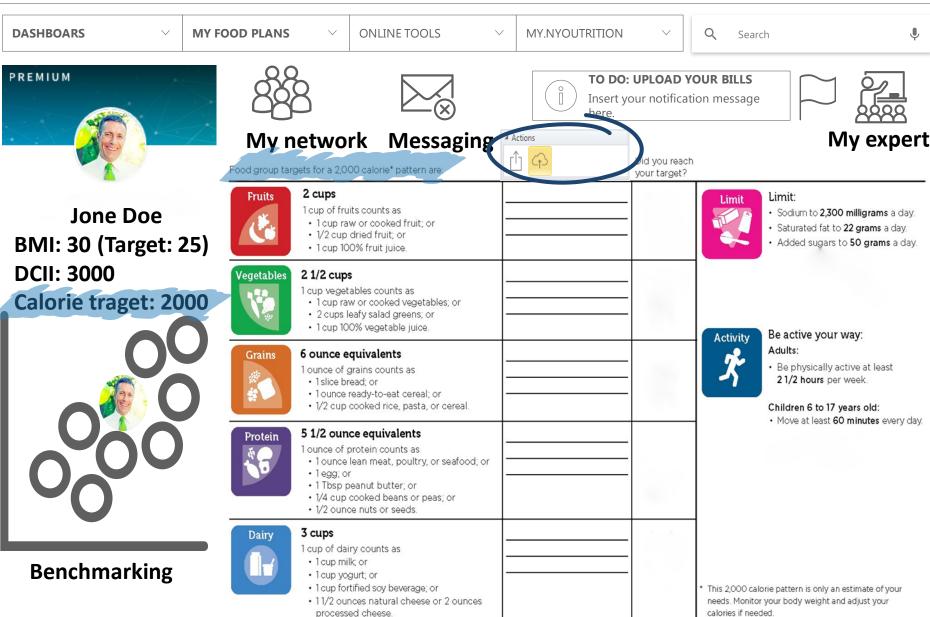








Sign out











Jone Doe Sign out

DASHBOARS MY FOOD PLANS ONLINE TOOLS MY.NYOUTRITION Q Search



Jone Doe

BMI: 30 (Target: 25)

Calorie traget: 2000

DCII: 3000







Your order number is

ADD 81g Hec Special Seuce ADD 51fced Jalapenos

AGO Long Silved Pickles AGO Silved Presh Tomato AGO Shole Leaf Lettuce

D Applewood Roasted

ADD 2 100% Angus Beef

+Mint Caesar Salad MFries Combo Meal MFries Combo Meal

I_Prem Coffee Combo Meal

I Prem Coffee Combo Meal

6.00

3.00

140.00

140.00

TO DO: UPLOAD YOUR BILLS

Insert your notification message

Did you reach

your target?



My expert

My network Messaging

Food group targets for a 2,000 calorie* pattern are:



2 cups

1 cup of fruits counts as

- · 1 cup raw or cooked fruit; or
- 1/2 cup dried fruit; or
- 1 cup 100% fruit juice.



2 1/2 cups

1 cup vegetables counts as

- · 1 cup raw or cooked vegetables; or
- · 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice.



6 ounce equivalents

1 ounce of grains counts as

- · 1 slice bread: or
- · 1 ounce ready-to-eat cereal: or
- 1/2 cup cooked rice, pasta, or cereal.



5 1/2 ounce equivalents

1 ounce of protein counts as

- 1 ounce lean meat, poultry, or seafood; or
- · 1 Tbsp peanut butter; or
- 1/4 cup cooked beans or peas; or
- 1/2 ounce nuts or seeds



3 cups

1 cup of dairy counts as

- · 1 cup milk: or
- · 1 cup yogurt; or
- · 1 cup fortified soy beverage; or
- · 11/2 ounces natural cheese or 2 ounces processed cheese.



Limit:

- Sodium to 2,300 milligrams a day.
- Saturated fat to 22 grams a day.
- Added sugars to 50 grams a day.



Be active your way: Adults:

· Be physically active at least 21/2 hours per week.

Children 6 to 17 years old:

Move at least 60 minutes every day.

This 2,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed

© nYOUtrition.org Site map

Benchmarking

Data policies

Privacy policy

Accessibility statement

Code of conduct Information quality

Contacts







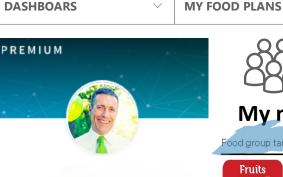


Search

Q

Jone Doe

Sign out





ONLINE TOOLS



MY.NYOUTRITION

TO DO: UPLOAD YOUR BILLS

Insert your notification message





My network Messaging

Food group targets for a 2,000 calorie* pattern are:



Did you reach your target?

Ν

Υ

Ν

Υ

My expert

Jone Doe

BMI: 30 (Target: 25)

DCII: 3000

Calorie traget: 2000



Benchmarking

2 cups

1 cup of fruits counts as

- · 1 cup raw or cooked fruit; or
- · 1/2 cup dried fruit; or
- · 1 cup 100% fruit juice.

Vegetables

Fruits

2 1/2 cups

1 cup vegetables counts as

- · 1 cup raw or cooked vegetables; or
- · 2 cups leafy salad greens; or
- · 1 cup 100% vegetable juice.



6 ounce equivalents

1 ounce of grains counts as

- 1 slice bread: or
- 1 ounce ready-to-eat cereal; or
- 1/2 cup cooked rice, pasta, or cereal.



5 1/2 ounce equivalents

1 ounce of protein counts as

- · 1 ounce lean meat, poultry, or seafood; or
- 1 Tbsp peanut butter; or
- 1/4 cup cooked beans or peas; or
- 1/2 ounce nuts or seeds

Dairy

3 cups

1 cup of dairy counts as

- 1 cup milk: or
- · 1 cup yogurt; or
- · 1 cup fortified soy beverage; or
- 11/2 ounces natural cheese or 2 ounces processed cheese.



Limit:

- Sodium to 2,300 milligrams a day.
- · Saturated fat to 22 grams a day.
- · Added sugars to 50 grams a day.





Be active your way: Adults:

 Be physically active at least 2 1/2 hours per week.

Children 6 to 17 years old:

· Move at least 60 minutes every day.



This 2,000 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed









Search

Sign out





ONLINE TOOLS



MY.NYOUTRITION

TO DO: UPLOAD YOUR BILLS

Q

Insert your notification message





My expert

My network Messaging

Hello Jone! Which calorie level you are targeting now?

Jone Doe **BMI: 30 (Target: 25) DCII: 3000** Calorie traget: 2000

Benchmarking

AGE GROUP	CALORIE LEVEL								
Ages 2-3	1,000	1,200	1,400						
Ages 4-8	1,200	1,400	1,600	1,800	2,000				
Ages 9-13	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Ages 14+	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200



DASHBOARS







Sign out



MY FOOD PLANS

ONLINE TOOLS

MY.NYOUTRITION

Q

Search





My network



Messaging

TO DO: UPLOAD YOUR BILLS

Insert your notification message





My expert

Jone Doe

BMI: 30 (Target: 25)

DCII: 3000

Calorie traget: 2400



Benchmarking



Limit:

- · Sodium to 2,300 milligrams a day.
- · Saturated fat to 27 grams a day.
- · Added sugars to 60 grams a day.

Be active your way:

· Be physically active at least 2 1/2 hours per week.

Children 6 to 17 years old:

· Move at least 60 minutes every day.

This 2,400 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.

1 cup of dairy counts as · 1 cup milk or 1 cup yogurt, or

processed cheese.

· 1 cup fortified soy beverage; or

• 11/2 ounces natural cheese or 2 ounces