

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:

(*) Body Mass Index (BMI)

(**) Daily Calories Intake Index (DCII)

FIND resources for you

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

EXPLORE online tools

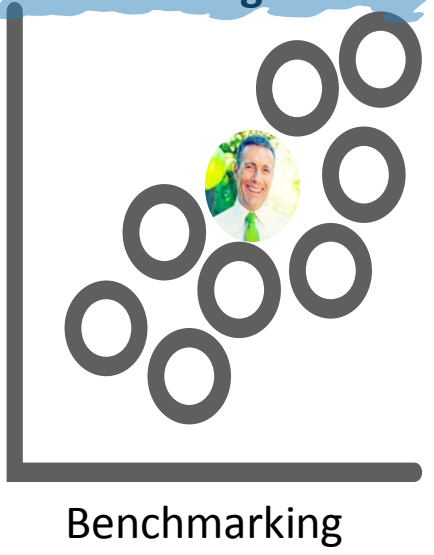
- Online BMI calculator
- Interactive checklists
- Basic monitoring tool
- Advanced monitoring tool
- Portion distortion
- BMI benchmarking tool
- DCI benchmarking tool

MY.nyoutrition.org

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy
- Oils
- My.nYOUtrition



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



My network



Messaging



TO DO
Insert your notification message here.

Notifications



My expert

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 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 • 1 1/2 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.

DASHBOARDS

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PREMIUM



My network Messaging



TO DO: UPLOAD YOUR BILLS

Insert your notification message here.



My expert

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

Actions



Did you reach your target?

Jones Doe
BMI: 30 (Target: 25)
DCII: 3000
Calorie target: 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.					Limit: • Sodium to 2,300 milligrams a day. • Saturated fat to 22 grams a day. • Added sugars to 50 grams a day.
	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 • 1 1/2 ounces natural cheese or 2 ounces processed cheese.					

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

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My expert

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 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
 - 1 1/2 ounces natural cheese or 2 ounces processed cheese.



Did you reach your target?



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.

Jones Doe
BMI: 30 (Target: 25)

DCII: 3000

Calorie target: 2000



Benchmarking

PREMIUM



My network



Messaging

TO DO: UPLOAD YOUR BILLS
Insert your notification message here.



My expert

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 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 • 1 1/2 ounces natural cheese or 2 ounces processed cheese.		

Did you reach your target?

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.

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

Benchmarking

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

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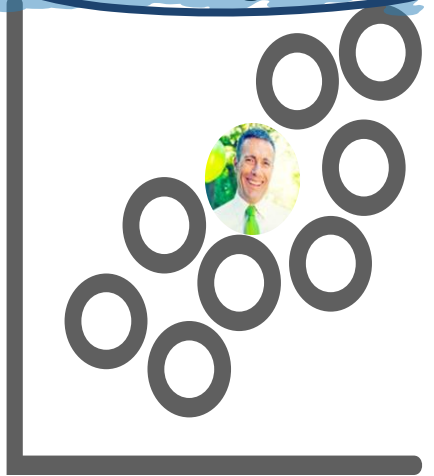


My expert

Hello Jone! Which calorie level you are targeting now?

Jone Doe
BMI: 30 (Target: 25)
DCII: 3000

Calorie trarget: 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



PREMIUM



My network



Messaging



TO DO: UPLOAD YOUR BILLS

Insert your notification message here.



My expert

Jone Doe

BMI: 30 (Target: 25)

DCII: 3000

Calorie target: 2400



Benchmarking

Food group targets for a 2,400 calorie* pattern are:

		Actions	Did you reach your target?	
	2 cups 1 cup of fruits counts as: <ul style="list-style-type: none">• 1 cup raw or cooked fruit; or• 1/2 cup dried fruit; or• 1 cup 100% fruit juice.			
	3 cups 1 cup vegetables counts as: <ul style="list-style-type: none">• 1 cup raw or cooked vegetables; or• 2 cups leafy salad greens; or• 1 cup 100% vegetable juice.			
	8 ounce equivalents 1 ounce of grains counts as: <ul style="list-style-type: none">• 1 slice bread; or• 1 ounce ready-to-eat cereal; or• 1/2 cup cooked rice, pasta, or cereal.			
	6 1/2 ounce equivalents 1 ounce of protein counts as: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• 1 cup milk; or• 1 cup yogurt; or• 1 cup fortified soy beverage; or• 1 1/2 ounces natural cheese or 2 ounces processed cheese.			
				<p>Limit</p> <p>Limit:</p> <ul style="list-style-type: none">• Sodium to 2,300 milligrams a day.• Saturated fat to 27 grams a day.• Added sugars to 60 grams a day. <p>Activity</p> <p>Be active your way:</p> <p>Adults:</p> <ul style="list-style-type: none">• Be physically active at least 2 1/2 hours per week. <p>Children 6 to 17 years old:</p> <ul style="list-style-type: none">• Move at least 60 minutes every day. <p><small>* This 2,400 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</small></p>