

Using MyPyramid to Assess Nutrient Intakes

1. Go to www.mypyramid.gov website.
2. Click on *mypyramid tracker* on the right side of the screen.
3. Under assessment, click on *assess your food intake*.
4. If you have logged in before, enter your user ID and password. If this is your first time on mypyramid, register for the program and set up a user name and password.
5. From the Personal Profile screen, click on *proceed to food intake*.
6. Enter each food item you have eaten for the day by typing in, individually, the name of each food item and clicking *search*.
7. From the list of foods that appear click *add* next to the correct food item in order to add it to your list of foods.
8. Once you have added all of the food items for that day, click *select quantity* on the right hand side of the screen.
9. Select serving sizes and # of servings eaten for each food item you have entered into the system.
10. Click *save and analyze*.
11. To evaluate the nutrient intake click *calculate nutrient intakes from foods*.
12. To see a graphical representation, scroll to the bottom of the page and click on *calculate nutrient history* ~ view each nutrient for the day specified or for the entire week or month!

