You might not know what options are best or what a portion size really is. Maybe you know that you need to eat more servings of fruits and vegetables instead of snack foods but you aren’t really sure how much or what kinds are best.

Now you can create a personalized food pyramid using MyPyramid, the new food chart from the U.S. Department of Agriculture. Simply visit www.MyPyramid.gov.

By entering your age, sex, and level of physical activity, you can find out just how many calories you should consume each day as well as how many servings of each of the food groups. You can even print out a MyPyramid worksheet to see what your goal for each food group is and to track what you’ve eaten throughout the day.

This Web site also offers helpful tips on healthy eating and exercise such as:

• Substituting healthy whole-grain products for refined products (such as white bread or white flour).
• Reaching your goal of eating the recommended daily servings of vegetables by having easy-to-prepare items, such as pre-washed vegetables, bags of salad, and frozen vegetables readily available.
• Selecting lean proteins, including boneless and skinless chicken breasts and low-fat luncheon meats, instead of higher-fat options.
• Including exercise in your daily routine by making small changes, such as taking a 10-minute walk during your lunch break, taking the stairs at work, or taking a walk after work.

For more information on the new food pyramid, visit www.MyPyramid.gov.