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**From the Selected Works of Melanie Burns**

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## Review: Your Personal Path to Health: Steps to a Healthier You!

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Available at: [https://works.bepress.com/melanie\\_burns/16/](https://works.bepress.com/melanie_burns/16/)



Your Personal Path to Health: Steps to a Healthier You! 2006. From International Food Information Council, Food Marketing Institute, US Department of Agriculture Center for Nutrition Policy and Promotion, 6-page booklet, available at <http://www.ific.org/publications/brochures/pyramidbroch.cfm>. Accessed November, 2006.

This 6-page booklet entitled *Your Personal Path to Health: Steps to a Healthier You!* provides specific, applicable guidelines to obtaining a healthful lifestyle. Each page of the booklet presents different pieces of advice regarding how to use the MyPyramid. Individualization, smart choices, and physical activity are emphasized as ways to enhance personal health.

Although much of today's population is becoming more aware of the My-Pyramid, many people may not know how the guidance provided by the My-Pyramid can be applied to their personal lifestyle. Individuals may desire to make healthful lifestyle changes but lack the necessary education on how to get started. *Your Personal Path to Health: Steps to a Healthier You!* provides essential education and includes a wealth of information on the use of the MyPyramid. The first colorful and eye-catching page of *Your Personal Path to Health: Steps to a Healthier You!* illustrates the necessary steps one can take on a journey to good health. The second page

emphasizes the individualization of the MyPyramid, including information on how to access an individualized MyPyramid on the Web and 5 tips aimed at promoting healthful lifestyle decision making. These tips are (1) be realistic, (2) be adventurous, (3) be flexible, (4) be sensible, and (5) be active. The third page describes smart choices within each of the MyPyramid food groups, and the next page provides suggestions on healthful options available when eating, highlighting the importance of portion sizing. The fifth page of the booklet gives physical activity recommendations as well as simple ways to begin a more healthful lifestyle. The booklet ends with a guide that may assist readers while they navigate through the MyPyramid as well as further resources available to obtain additional information.

Your Personal Path to Health: Steps to a Healthier You! has several strengths. The booklet displays the MyPyramid in a simple, applicable way. The “how to” tips, examples of healthful food group choices, and physical activity guidelines provide specific advice, based on current research, on how to get started. Additionally, several Web sites were included, which may be helpful for individuals desiring further information. The Web sites provided in the booklet are <http://ific.org>, <http://www.MyPyramid.gov>, and <http://kidnetic.com>. The booklet is written at an 8<sup>th</sup> grade reading level, making it appropriate for the majority of the population. With the many strengths of the Your Personal Path to Health: Steps to a Healthier You!, a noted limitation is the lack of examples of recommended serving sizes. The reader may be left confused as to what constitutes a serving size. The third page of the booklet, entitled Making Smart Choices from My Pyramid’s Food Groups, would be a good place to provide examples of recommended serving sizes.

With the growing interest in healthful eating, Your Personal Path to Health: Steps to a Healthier You! may be beneficial for individuals, families, and nutrition educators in the promotion of a healthy lifestyle. With applications in household, academic, and community environments, Your Personal Path to Health: Steps to a Healthier You! could be very useful for individuals learning to use the MyPyramid food guidance system.

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