

# MyPyramid For Kids

MyPyramid.gov



<b>Grains</b> Make half your grain whole	<b>Vegetables</b> Eat a variety of colors	<b>Fruits</b> Focus on fruits	<b>Dairy</b> Get your calcium	<b>Meat &amp; Beans</b> Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" like "whole wheat".</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats — sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

<b>Eat 6 oz. every day:</b> <small>at least half should be whole</small>	<b>Eat 2 1/2 cups every day</b>	<b>Eat 1 1/2 cups every day</b>	<b>Get 3 cups every day:</b> <small>for both aged 2 to 4, 4 to 6 cups</small>	<b>Eat 5 oz. every day</b>
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**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

### Find your balance between food and fun

Move more. Aim for at least 60 minutes everyday, or most days.

Walk, dance, bike, rollerblade — it all counts. How great is that!



### Fats and Sugars — know your limits

Get your fat facts and sugar smarts from the Nutrition Facts label.

Limit solid fats as well as foods that contain them.

Choose food and beverages low in added sugars and other caloric sweeteners.

