MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov

Grains

Make half your grains whole

- Start smart with breakfast. Look for whole-grain cereals.
- 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”).

Vegetables

Vary your veggies

- Color your plate with all kinds of great-tasting veggies.
- 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.

Fruits

Focus on fruits

- Fruits are nature’s treats — sweet and delicious. Go easy on juice and make sure it’s 100%.

Milk

Get your calcium-rich foods

- Move to the milk group to get your calcium. Calcium builds strong bones.
- Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans

Go lean with protein

- Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.
- It’s nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

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.

<table>
<thead>
<tr>
<th>Group</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>6 oz. every day</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3 cups every day</td>
</tr>
<tr>
<td>Fruits</td>
<td>3 cups every day</td>
</tr>
<tr>
<td>Milk</td>
<td>2 cups every day</td>
</tr>
<tr>
<td>Oils</td>
<td>1 cup every day</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>3 oz. every day</td>
</tr>
</tbody>
</table>

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.