

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov

<p>Grains Make half your grains whole</p>	<p>Vegetables Vary your veggies</p>	<p>Fruits Focus on fruits</p>	<p>Milk Get your calcium-rich foods</p>	<p>Meat & Beans Go lean with protein</p>
<p>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.</p>				

★ Find your balance between food and fun

★ Fats and sugars — know your limits

