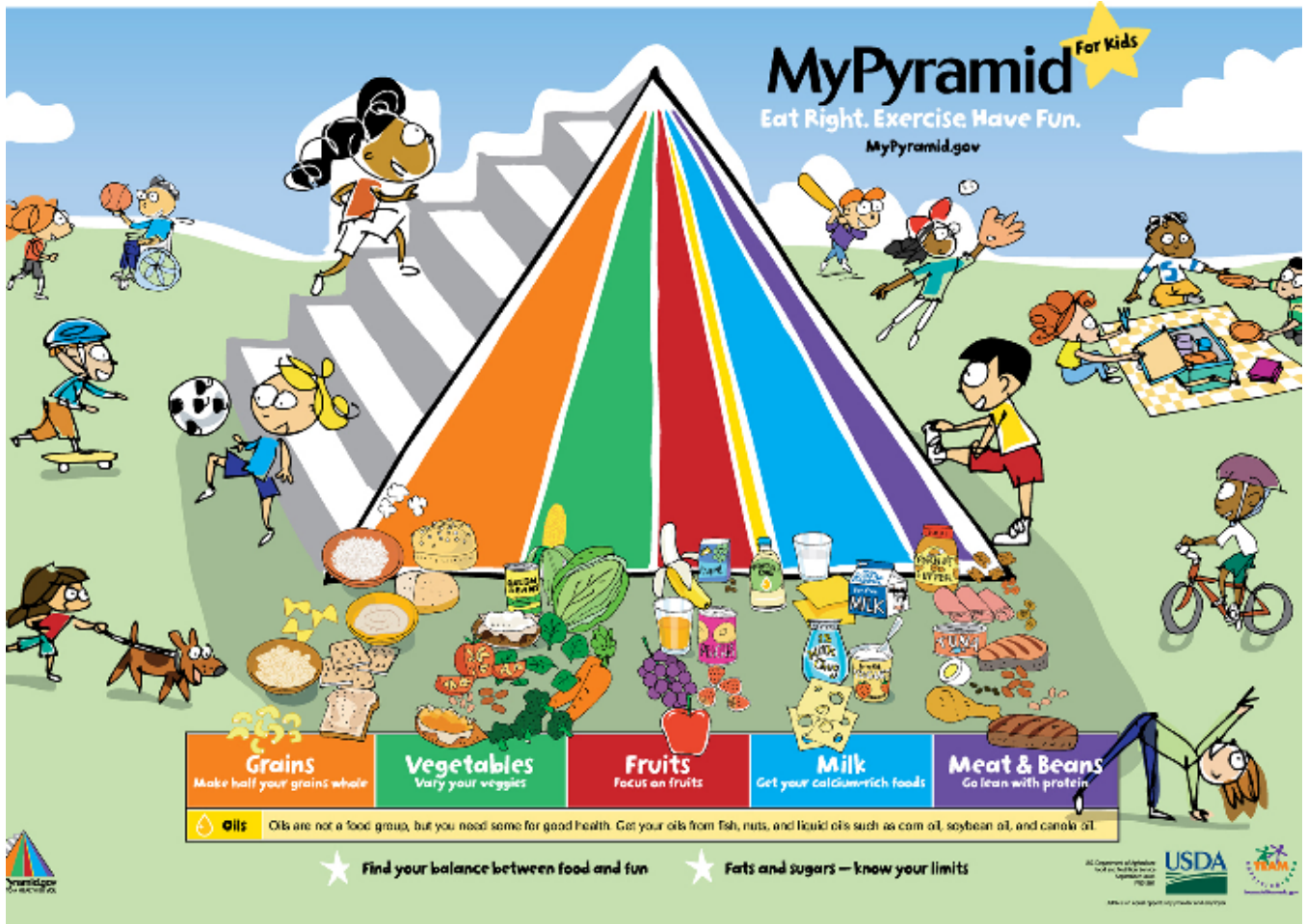


MyPyramid

For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Vegetables

Vary your veggies

Fruits

Focus on fruits

Milk

Get your calcium-rich foods

Meat & Beans

Go lean with protein

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

★ Fats and sugars — know your limits



All Government information
and the National Center
for Education and the
Public Health Service
100-388

