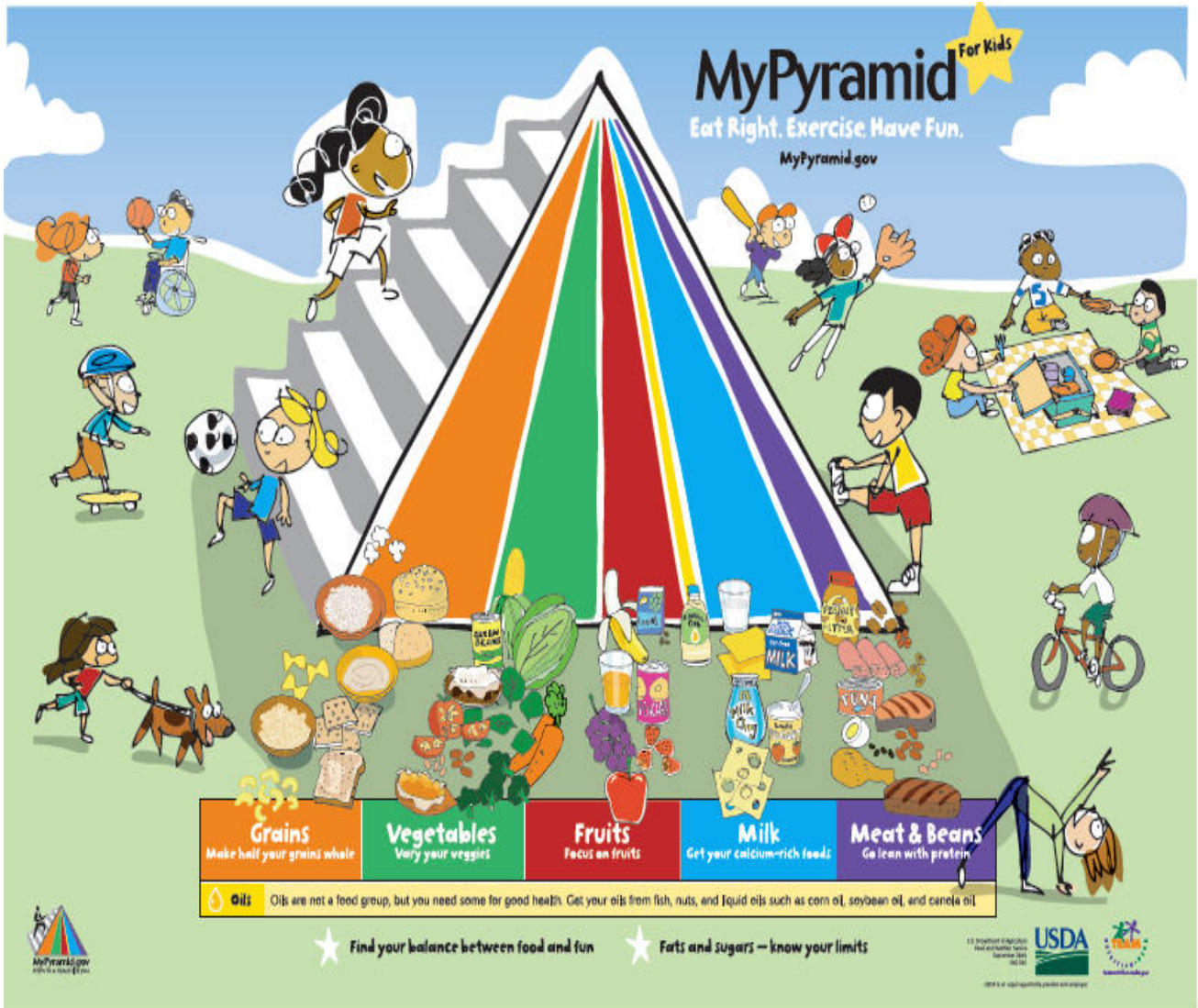


MyPyramid ^{For Kids}

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

