



MyPyramid: eat RIGHT! Be FIT! Get Balanced!

Follow the steps of the new food pyramid and feel your best!
Each section of **MyPyramid** adds up to a healthier you.

With so many types of vegetables, there's sure to be one you like! Veggies are full of nutrients, such as potassium, fiber, and vitamins A, C, and E.

VEG OUT

Any food made from grains, such as wheat, barley, rice, oats or corn counts. Make at least half of those grains whole!

GRAB THOSE GRAINS

Any 100% fruit juice or fruit, whether it is canned, frozen or fresh, counts. Fruit is full of nutrients, such as vitamin C, potassium, folic acid, and fiber. Have a variety every day!

FILL UP ON FRUIT

Dairy products help keep your bones strong—that's why it's especially important to have milk while you're still growing. Can't have milk? Go for lactose-free or non-dairy sources of calcium, or calcium-fortified food.

make room FOR MILK

Having some fat in your diet is actually healthy. Most of those fats should be from fish, nuts, and vegetable oils, which contain "essential fatty acids."

OILS ARE okay

Protein supplies vitamins and minerals, such as zinc, magnesium, iron, and B vitamins, for healthy skin, muscles and bones. Did you know that nuts, beans, and sunflower seeds also contain protein?

PICK UP PROTEIN



What's the Deal with MyPyramid?

- Q:** Can I still eat my favorite foods like ice cream or French fries?
- A:** The food pyramid encourages you to eat a balanced diet. There is still room to eat your favorites; in fact, almost any food can fit in if the rest of your daily food intake is balanced around that food.
- Q:** What's the main thing that I need to know about MyPyramid?
- A:** It's about balancing your lifestyle – the food you eat and the things you do. Eat Right! Be Fit! Get Balanced!

Use it, Don't Lose It!

JUMP, dance, RUN, SKIP—WHATEVER! JUST MOVE THAT BODY! MOST KIDS SHOULD GET AN HOUR OF MODERATE TO VIGOROUS EXERCISE EVERY DAY. Some GOOD MODERATE EXERCISE: WALKING THE DOG, PLAYING CATCH, DANCING IN YOUR ROOM. WORK OUT A LITTLE HARDER BY RUNNING, SHOOTING HOOPS, OR SWIMMING.

Hey, You! Go to

www.MyPyramid.gov
FOR COOL INFORMATION ON GETTING IN BALANCE!

