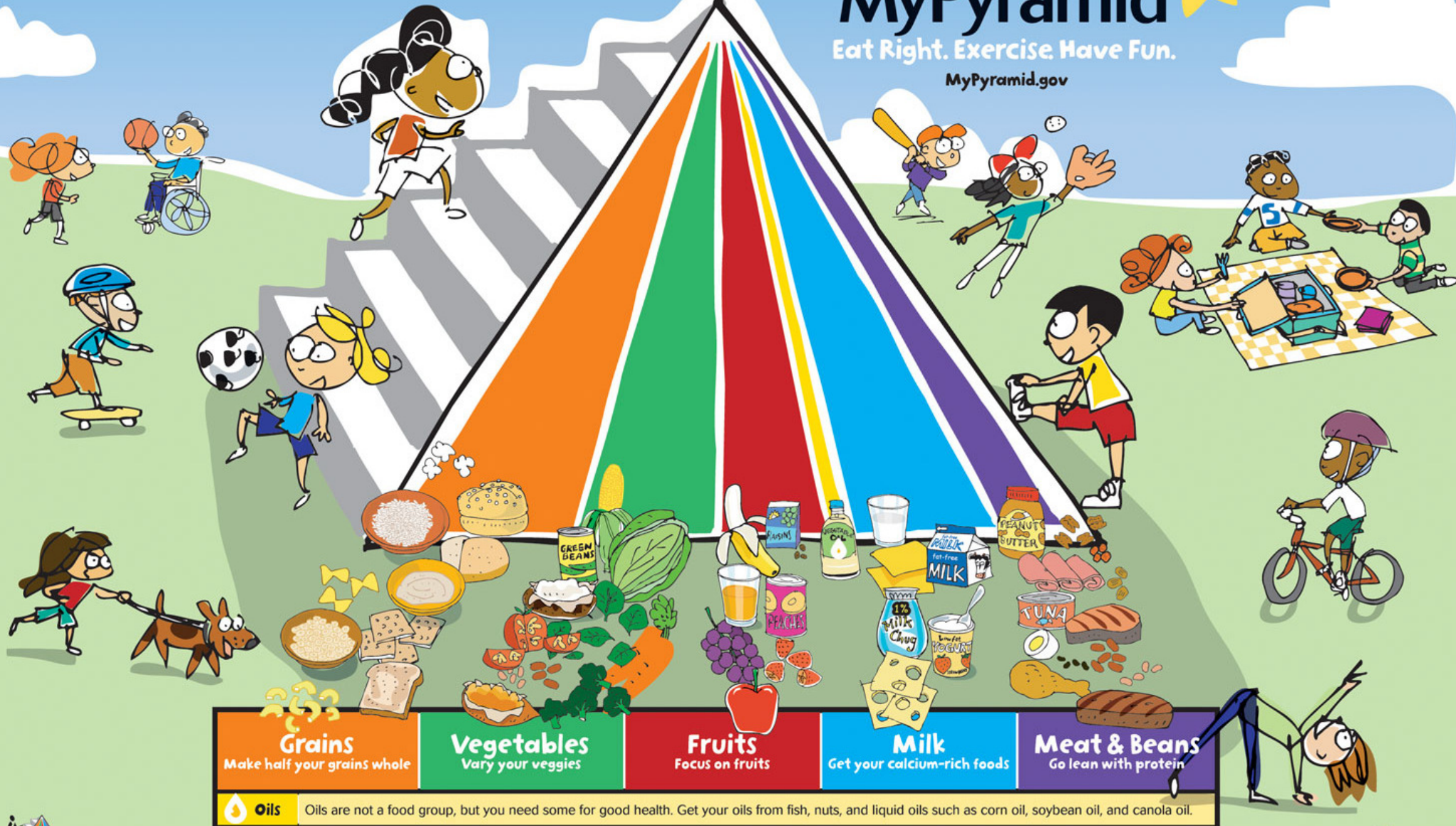


MyPyramid

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



U.S. Department of Agriculture
Food and Nutrition Service
September 2005
FNS-581



USDA is an equal opportunity provider and employer.