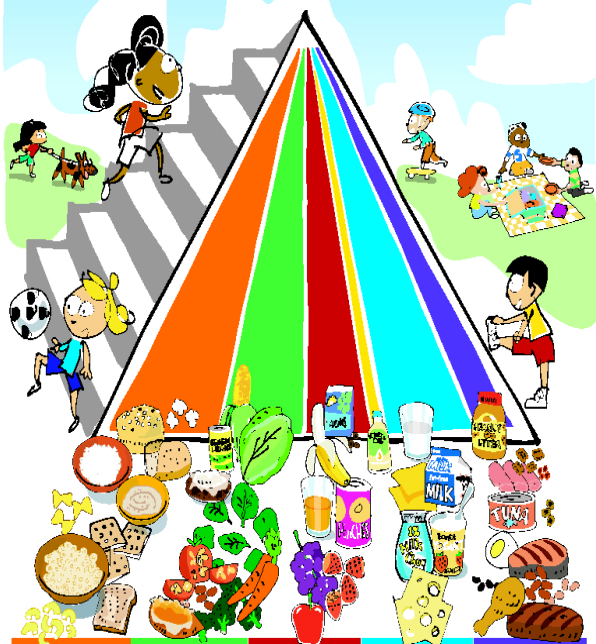


# MyPyramid

For Kids

Eat Right. Exercise. Have Fun.  
MyPyramid.gov



**Grains** Make half your grains whole  
**Vegetables** Vary your veggies  
**Fruits** Focus on fruits  
**Milk** Ask your calcium-rich foods  
**Meat & Beans** Go lean with proteins

**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.

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Grains	Vegetables	Fruits	Milk	Meat & Beans
<p><b>Grains</b> Make half your grains whole</p> <p>Start smart with breakfast. Look for whole-grain cereals. Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is 'whole' (like 'whole wheat').</p> <p>At least half your grains should be whole.</p>	<p><b>Vegetables</b> Vary your veggies</p> <p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies!</p> <p>Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p><b>Fruits</b> Focus on fruits</p> <p>Fruits are nature's treats - sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p><b>Milk</b> Get your calcium-rich foods</p> <p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p><b>Meat &amp; Beans</b> Go lean with proteins</p> <p>Eat lean or lowfat meat, chicken, turkey and fish. Ask for it baked, broiled, or grilled - not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

Kids ages 2 - 3 need the amounts below from each food group. To find the amounts that are right for your child, go to MyPyramid.gov

Eat 3 - 5 oz. every day	Eat 1 - 2 cups every day	Eat 1 - 1½ cups every day	Eat 2 cups every day	Eat 2 - 5 oz. every
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Kids ages 4 - 11 need the amounts below from each food group. To find the amounts that are right for your child, go to MyPyramid.gov

Eat 5 - 6 oz. every day	Eat 2 - 2½ cups every day	Eat 1½ - 2 cups every day	Eat 2 - 3 cups every day	Eat 4 - 5½ oz. every day
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**Find your balance between food and fun**

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade - it all counts. How great is that!



**Fats and sugars - know your limits**

- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



WIC Nutrition Program • 800-WIC-1087  
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