

# MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov

<p><b>Grains</b> Make half your grains whole</p>	<p><b>Vegetables</b> Vary your veggies</p>	<p><b>Fruits</b> Focus on fruits</p>	<p><b>Milk</b> Get your calcium-rich foods</p>	<p><b>Meat &amp; Beans</b> Go lean with protein</p>
<p><b>Oils</b> 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.</p>				

★ Find your balance between food and fun

★ Fats and sugars — know your limits

# TIPS FOR FAMILIES



## EAT RIGHT

**1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.

**2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.

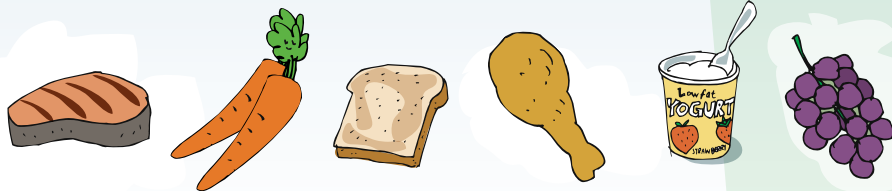
**3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

**4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.

**5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

**6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

**7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



## EXERCISE

**1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.

**2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).

**3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

**4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

**5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

**6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.

**7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

# HAVE FUN!

