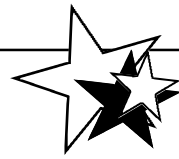
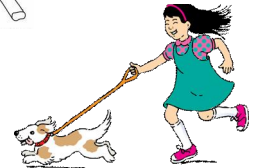


MyPyramid - for Kids




Eat Right. Exercise. Have Fun.



MyPyramid For Kids



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
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>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>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats - sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%</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>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>
<p>Eat 6 oz. Each day: At least half should be whole</p>	<p>Eat 2 1/2 cups every day</p>	<p>Eat 1 1/2 cups every day</p>	<p>Get 3 cups every day: For kids age 2-8 it's 2 cups</p>	<p>Eat 5 oz. Every day</p>

For an 1,800-Calorie diet, you need the amounts below from each food group. To find the amounts that are right for YOU, go to MyPyramid.gov

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 & Sugars—know your limits

- Get your fat facts & sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



Wisconsin Nutrition Education Program - Langlade & Oneida Counties
 Langlade County Office: 715-627-6236; Oneida County Office: 715-365-2750

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