

# HELP YOUR CHILD **EAT SMART.**

MyPyramid  
provides a daily guide to healthy eating.  
Steps to a healthier you  
[MyPyramid.gov](http://MyPyramid.gov)



## MyPyramid.gov

### STEPS TO A HEALTHIER YOU

#### Good Nutrition begins at home.

It should continue at school. My Pyramid is based on the official U.S. Government guidelines for healthy eating. It's designed so kids and adults can learn and remember how to eat right every day.

GRAINS   VEGETABLES   FRUITS   MILK   MEAT & BEANS

- ▲ STUDY IT.
- ▲ PRACTICE IT.
- ▲ SHOW IT TO YOUR KIDS.
- ▲ TACK IT UP.
- ▲ TALK IT UP.
- ▲ GIVE EXAMPLES.
- ▲ MAKE IT FUN.
- ▲ YOUR KIDS WILL EAT IT UP.

HELP YOUR CHILD GROW UP  
KNOWING HOW TO CHOOSE FOODS  
THAT PROMISE A HEALTHIER, HAPPIER LIFE

# MyPyramid Worksheet

## GRAINS

Make half your grains whole

Eat more whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta

## VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweet potatoes

Eat more dry beans and peas like pinto beans, kidney beans and lentils

## FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

## MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

## MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it or grill it

Vary your protein routine – choose more fish, beans, peas, nuts, and seeds

To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov). Fill in the amounts below that are right for you.

Eat \_\_\_\_\_ oz. every day

Eat \_\_\_\_\_ cups every day

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Eat \_\_\_\_\_ cups every day

Eat \_\_\_\_\_ oz. every day

### Find your balance between and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

### Know the limits on fats, sugars, and salt (sodium)

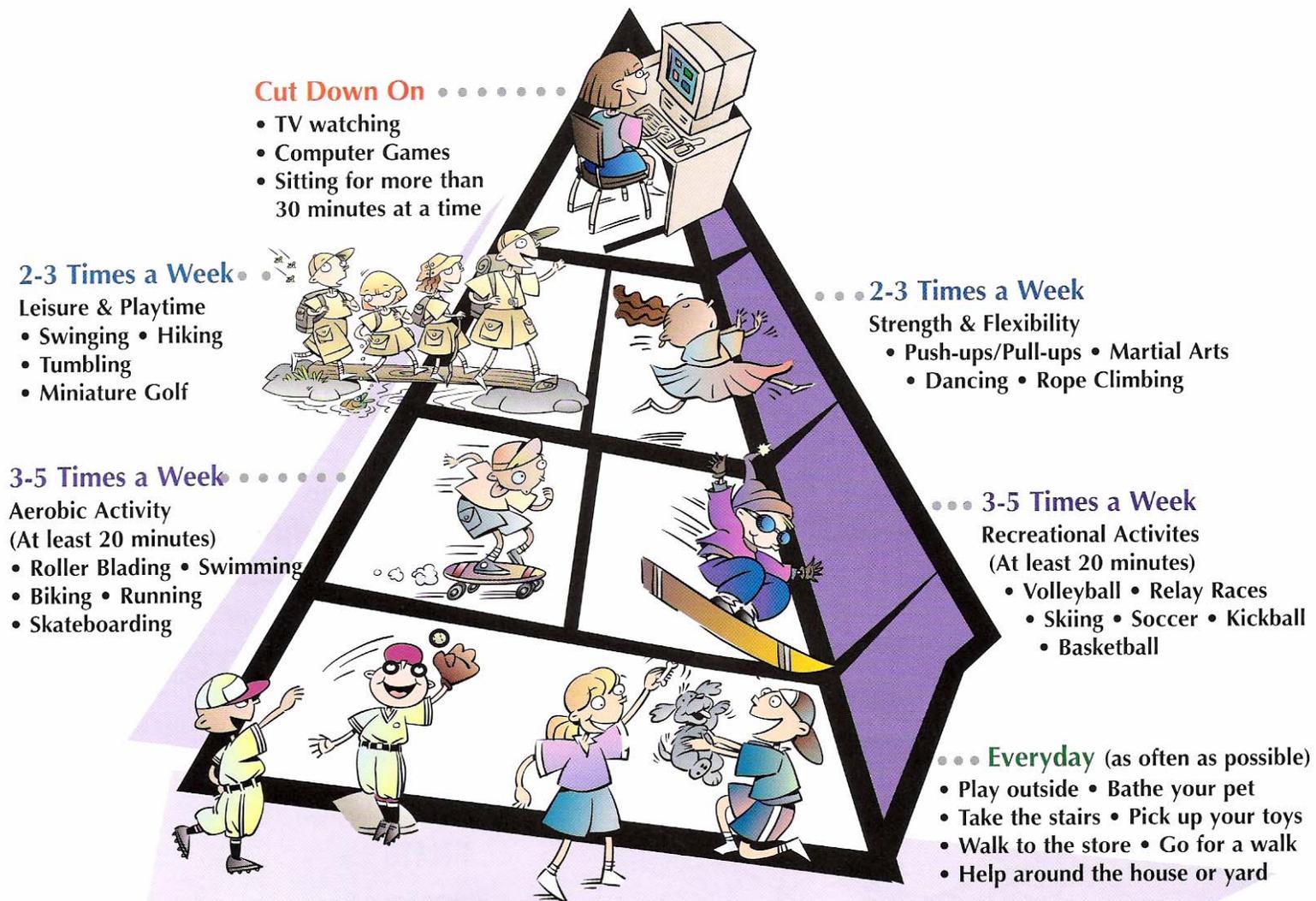
- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any nutrients.



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

# HELP YOUR CHILD **PLAY HARD.**

The Activity Pyramid provides a daily guide to healthy levels of physical activity.



Children can have fun and improve their health by being physically active every day. Children should aim to get at least 60 minutes of moderate physical activity on most days. Here are 10 steps parents can take to help children develop healthy activity habits:

- ▲ CREATE SAFE PLACES.
- ▲ SET A GOOD EXAMPLE.
- ▲ PROMOTE PHYSICAL ACTIVITY.
- ▲ LIMIT SITTING-AROUND TIME.
- ▲ ESTABLISH A ROUTINE.
- ▲ COACH A TEAM.
- ▲ SET UP A HOME GYM.
- ▲ TRY AEROBIC ACTIVITIES.
- ▲ THROW AN ACTIVITY PARTY.
- ▲ WORK WITH YOUR SCHOOL.

YOUR CHILD WILL LEARN TO ENJOY PHYSICAL ACTIVITY  
AND WILL REAP A LIFETIME OF BENEFITS FROM MAKING IT A HABIT.