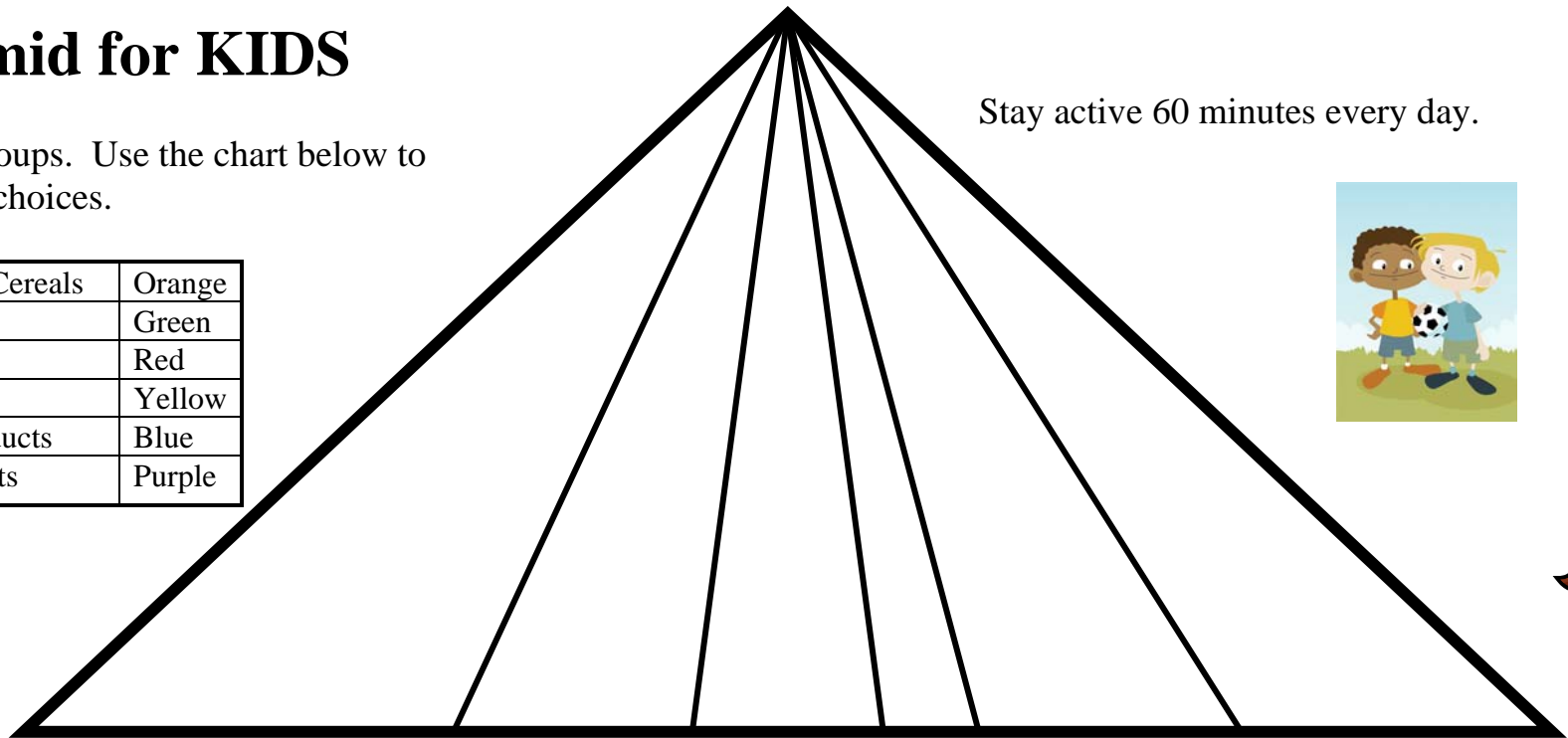


# My Pyramid for KIDS

Color the food groups. Use the chart below to guide your color choices.

Stay active 60 minutes every day.

Grains, Breads and Cereals	Orange
Vegetables	Green
Fruits	Red
Fats and Oils	Yellow
Milk and Dairy Products	Blue
Meat, Beans and Nuts	Purple



**GRAINS**

**VEGETABLES**

**FRUITS**

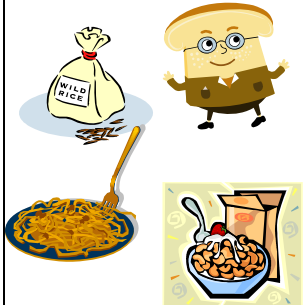
**FATS**

**MILK**

**MEATS AND BEANS**

## Grains

Gives you energy to run, play and think



Choose at least 3 grains that say 100% whole grain or whole wheat on the package each day.

## Vegetables

Helps you see well and keeps your skin healthy



Eat at least 1 green or orange vegetable each day.

## Fruits

Helps heal cuts and bruises, fights germs and keeps your skin healthy



Choose whole fruit instead of fruit juice. Drink 100% juice and limit to 1 cup a day.

## Fats and Oils

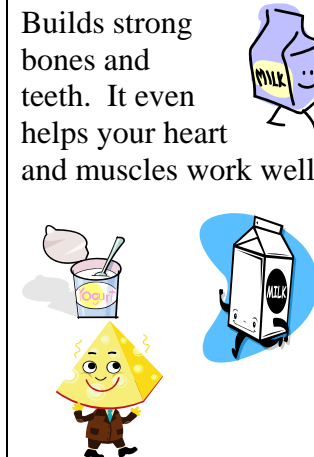
Helps you stay warm, digest food and protect your organs



Your body needs only a small amount. Too much can be harmful to your body.

## Milk

Builds strong bones and teeth. It even helps your heart and muscles work well.



Choose low fat or nonfat types. You can even try chocolate or strawberry milk.

## Meat and Beans

Helps you grow and build strong muscles, healthy hair and nails



Take off the skin and fat from meats.