

MyPyramid A Daily Guide

MyPyramid helps you get the amounts you need from each food group every day.



Fats and Sugars

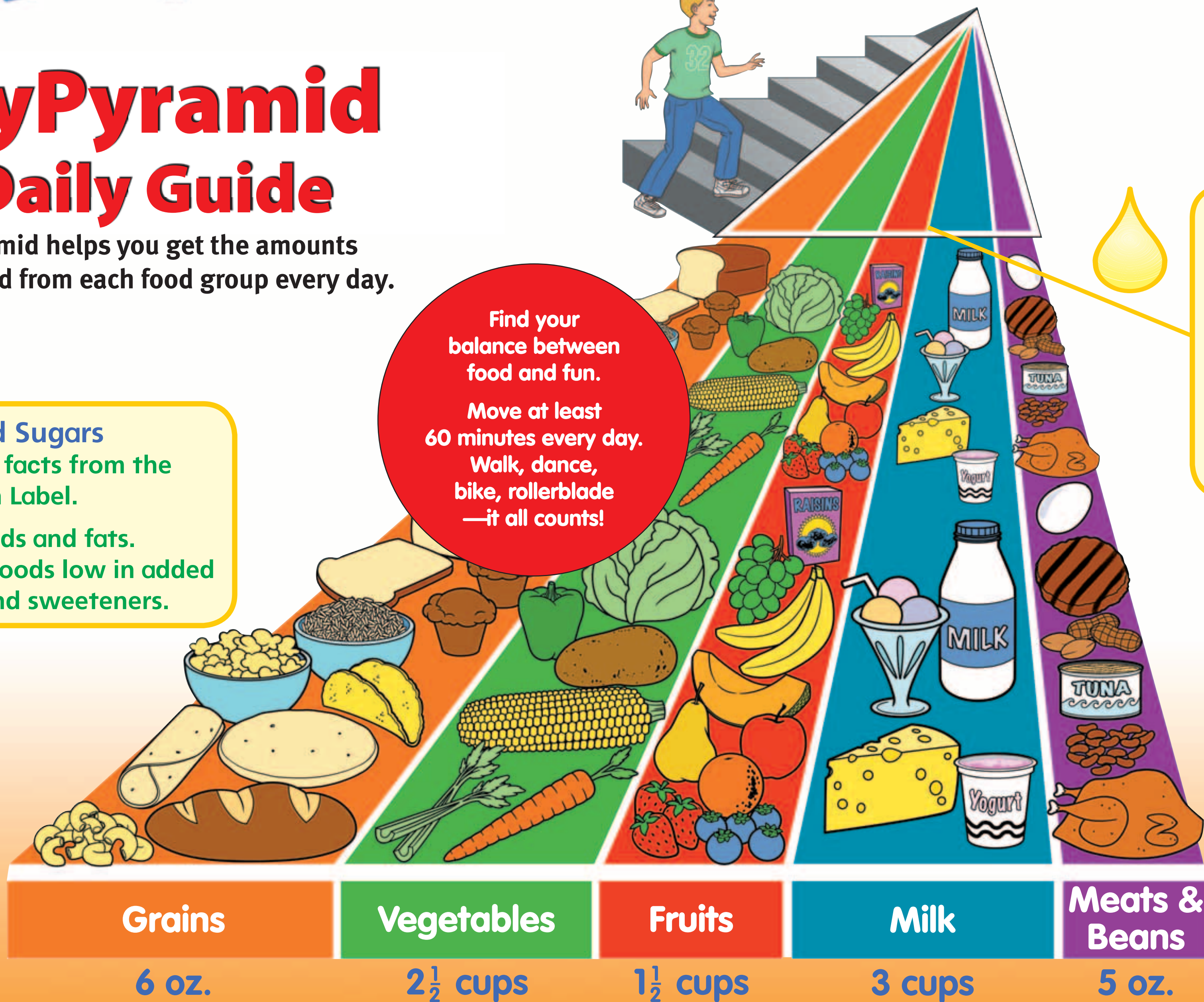
Get your facts from the Nutrition Label.

Limit solids and fats. Choose foods low in added sugars and sweeteners.

Find your balance between food and fun.
Move at least 60 minutes every day. Walk, dance, bike, rollerblade —it all counts!

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.



(For kids 2–8 years, 2 cups)