

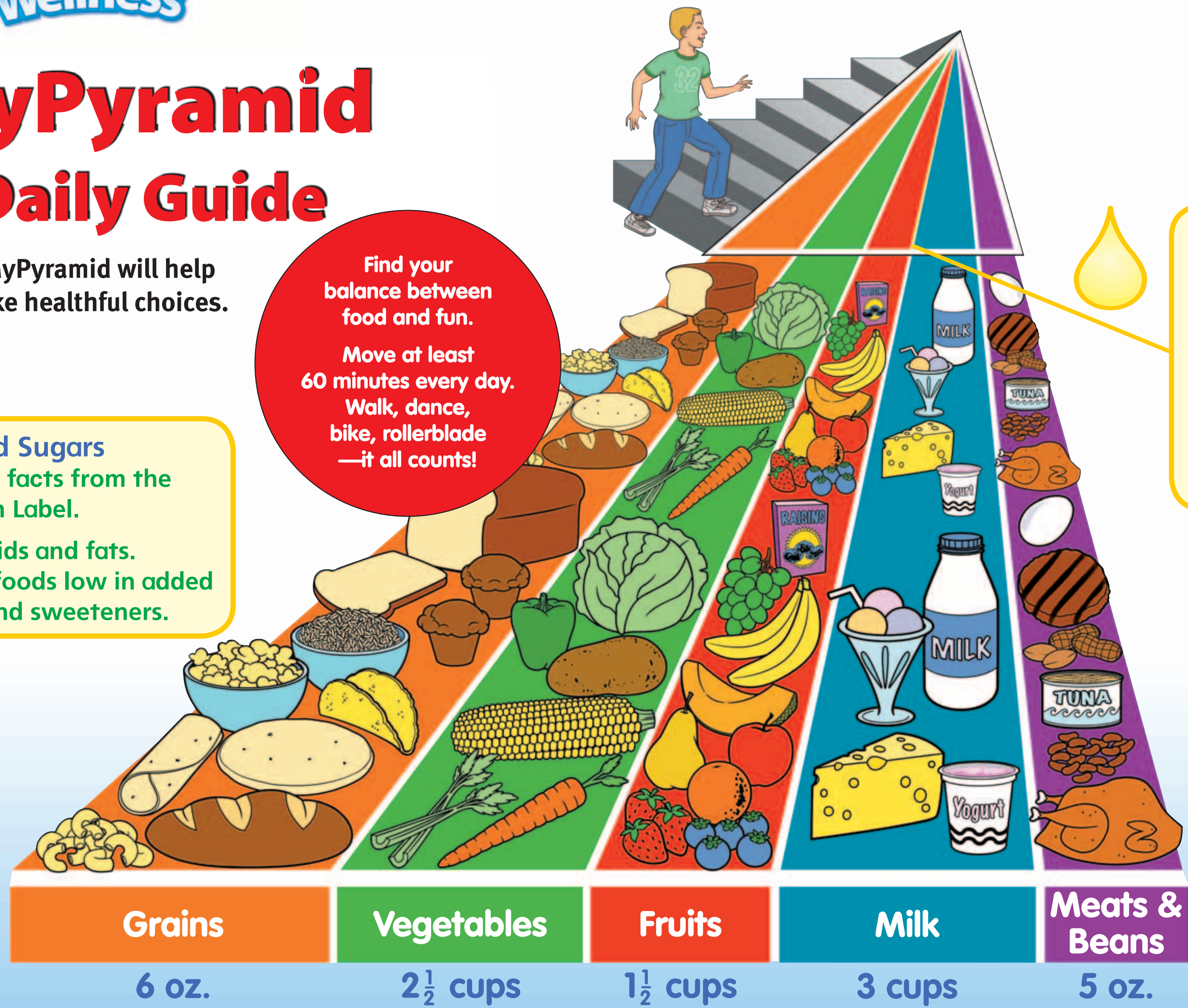
# MyPyramid A Daily Guide

Using MyPyramid will help you make healthful choices.

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

**Fats and Sugars**  
Get your facts from the Nutrition Label.  
Limit solids and fats.  
Choose foods low in added sugars and sweeteners.

**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)