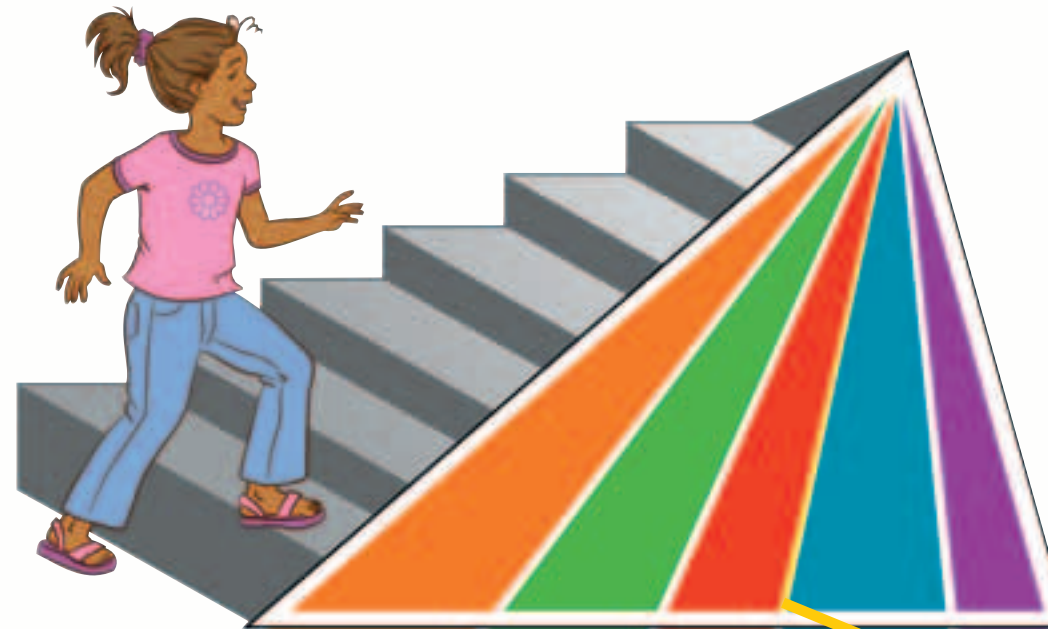


MyPyramid For Young Children

A Daily Guide



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.



Grains

6 oz.

Vegetables

2½ cups

Fruits

1½ cups

Milk

2 cups

Meats & Beans

5 oz.

(For kids 2–8 years, 2 cups)