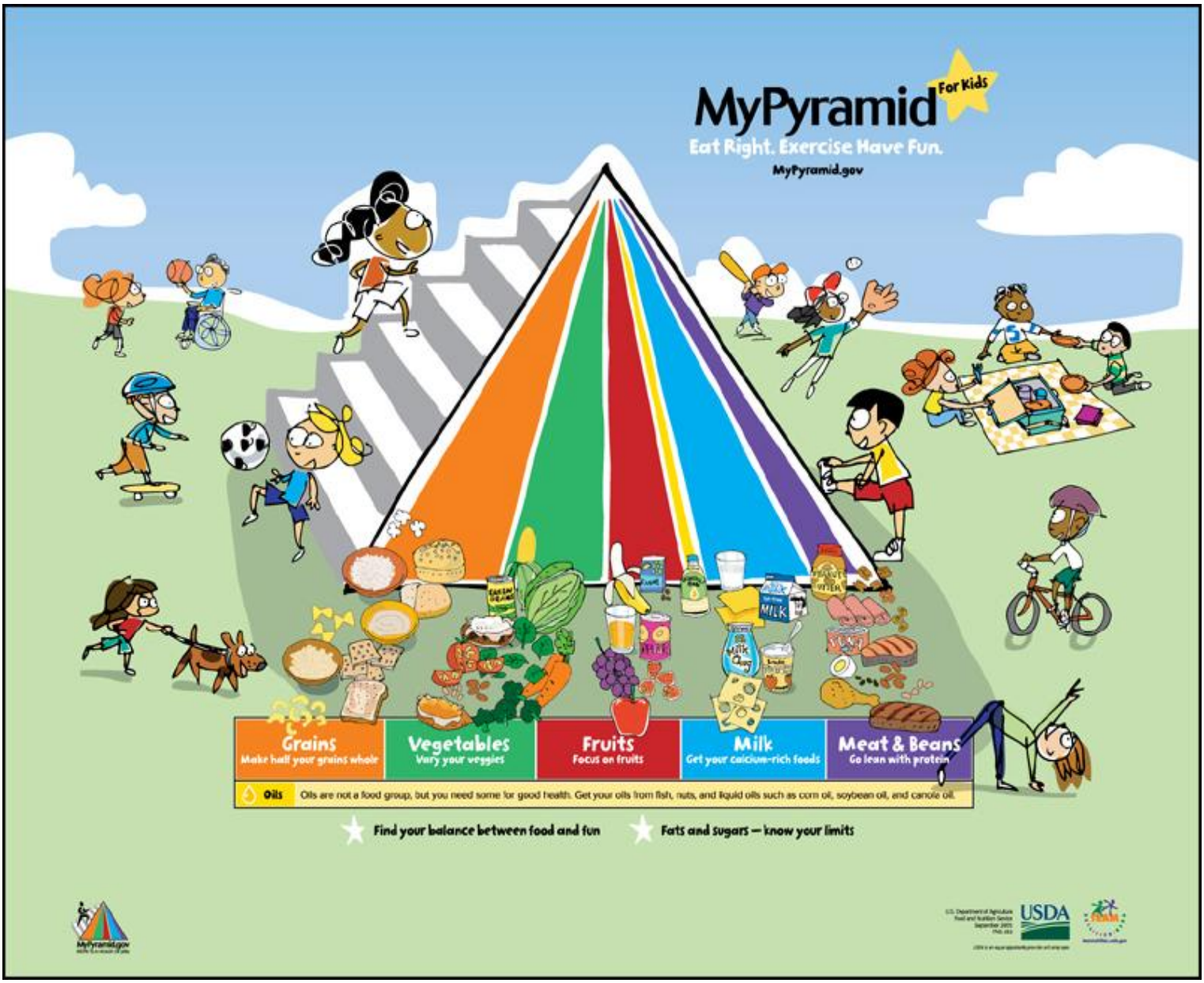
MyPyramid
For Kids
Eat Right. Exercise Have Fun.
MyPyramid.gov
Grains
Make half your grains whole
Vegetables
Vary your veggies
Fruits
Focus on fruits
Milk
Get your calcium-rich foods
Meat & Beans
Go lean with protein
Oils
Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.
Find your balance between food and fun
Fats and sugars — know your limits
USDA