

# MyPyramid

For Kids

Eat Right. Exercise Have Fun.

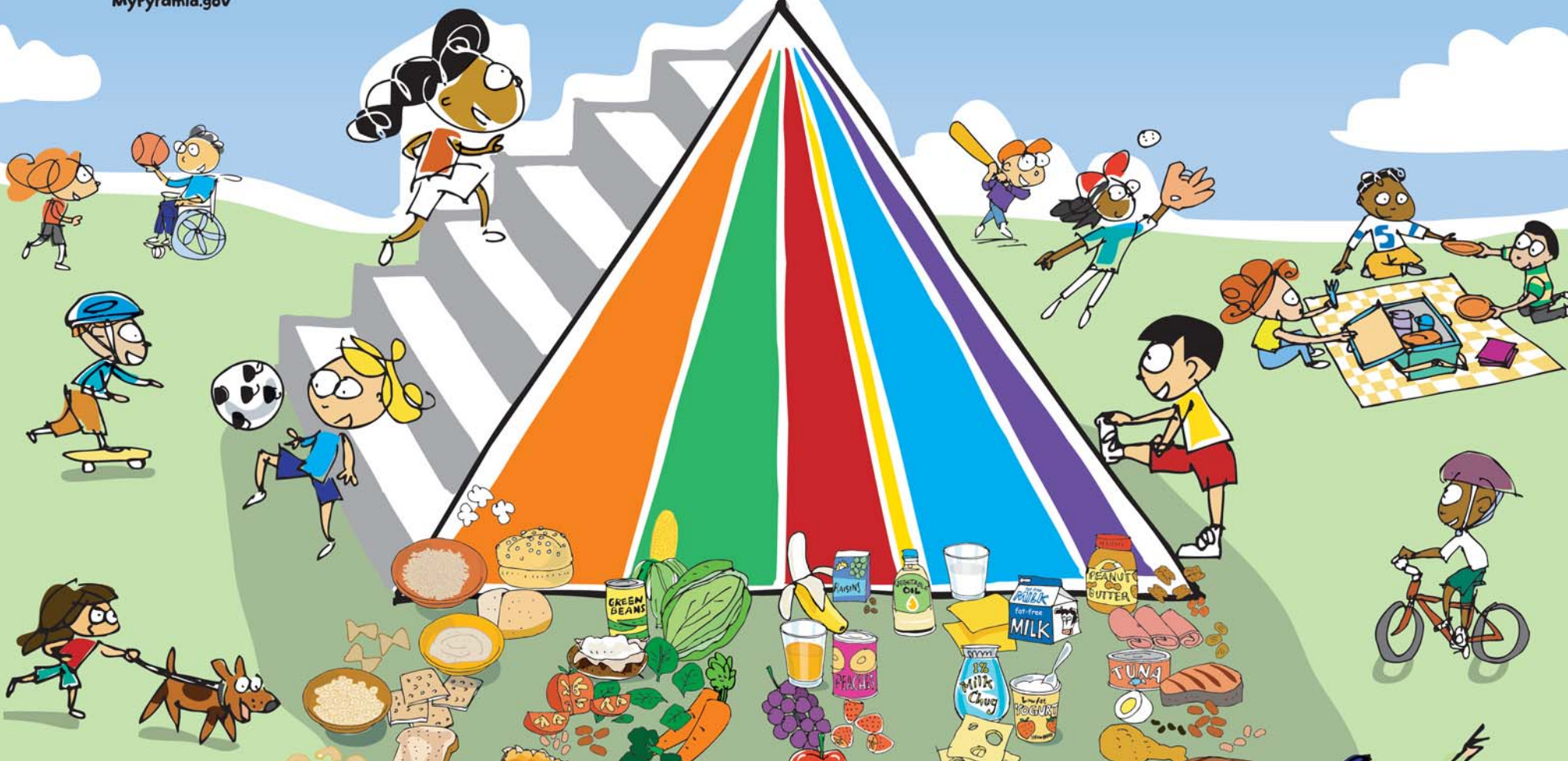
MyPyramid.gov

# Food Fuels Fun

Healthy Food and Drinks Give You Energy For Fun!

## Learn To Live

Healthy Living From The Anne Arundel County Department Of Health  
410.222.7979  
www.aahealth.org

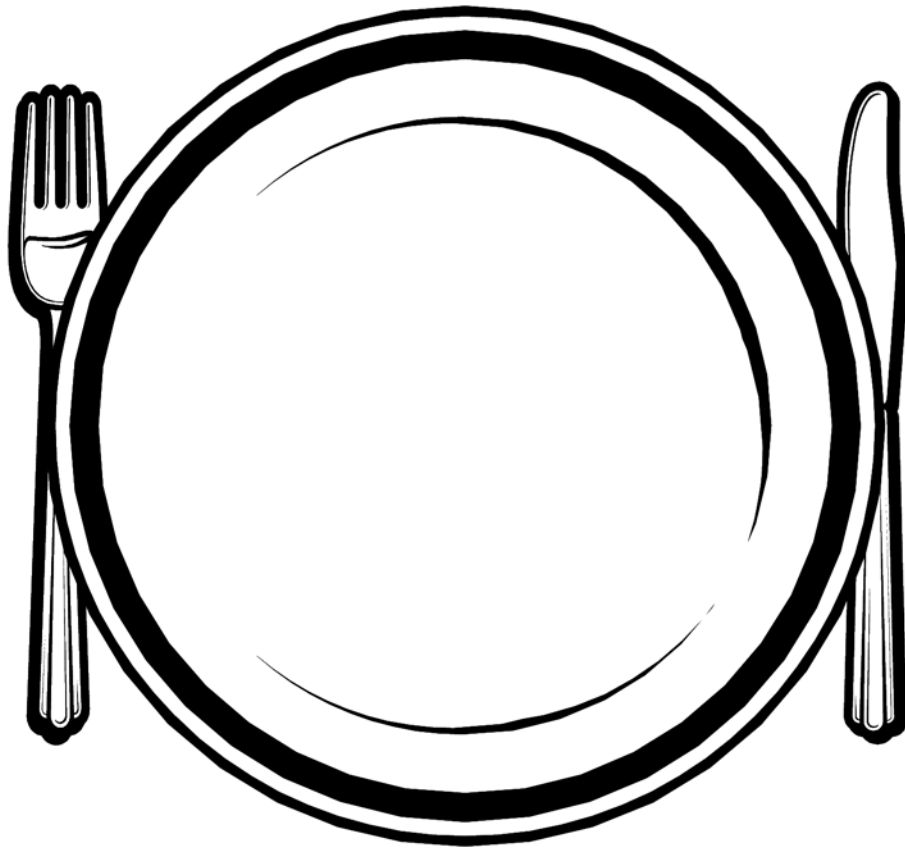


<b>Grains</b> Make half your grains whole	<b>Vegetables</b> Vary your veggies	<b>Fruits</b> Focus on fruits	<b>Milk</b> Get your calcium-rich foods	<b>Meat &amp; Beans</b> Go lean with protein
For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day: at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day: for kids ages 2 to 8 it's 2 cups	Eat 5 oz. every day
<b>Oils</b> 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.				



# Create a healthy meal!

Plan a healthy meal with the foods you like best! Just write or draw one favorite food from each of the 5 food groups to create a healthy meal.



# My list of favorite physical activities

Use the space provided to write your favorite ways to get moving. Once your list is complete, share it with family and friends and ask them to join you in physical activities.

A spiral notebook with two sections for listing favorite physical activities. The first section is titled "Physical Activities I like to do outside:" and has five bullet points. The second section is titled "Physical Activities I like to do inside:" and has five bullet points.

Physical Activities I like to do outside:

- 
- 
- 
- 
- 

Physical Activities I like to do inside:

- 
- 
- 
- 
- 

## Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!



## Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.