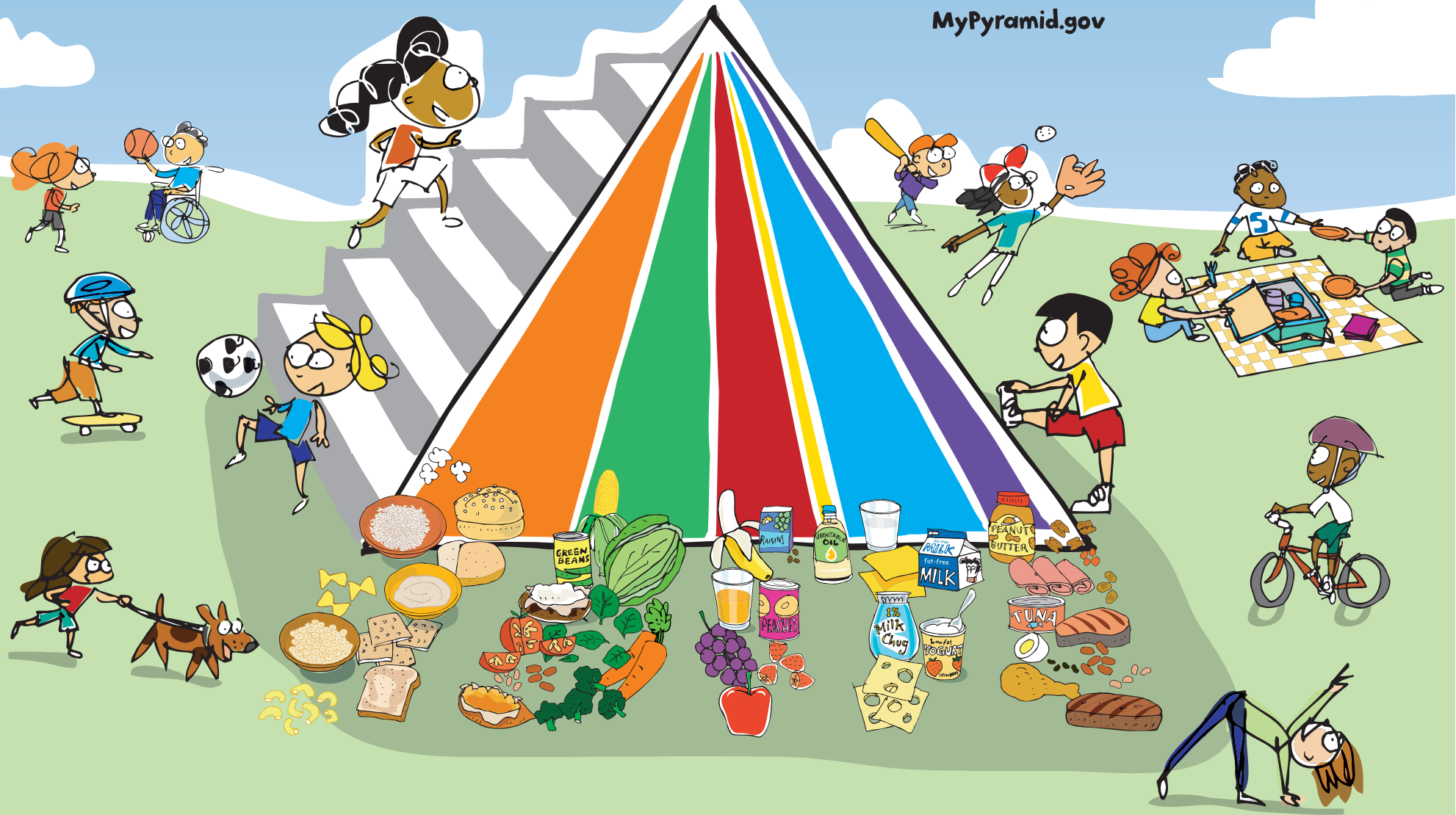


For Kids

MyPyramid

Eat Right. Exercise. Have Fun.

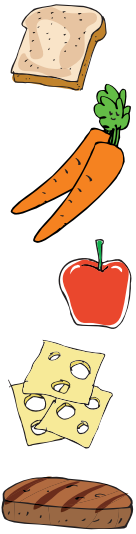
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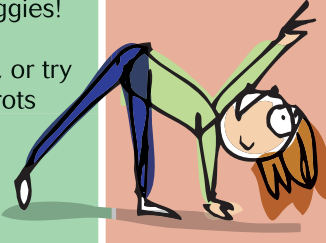
What's the Right Amount of Food for Me?



Kids, ages 6-11, need 1,200 to 2,200 calories depending on age, gender and activity level. In general, boys require slightly more than girls, and active kids require more than inactive or sedentary kids.



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
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean beef and pork, skinless chicken and turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>



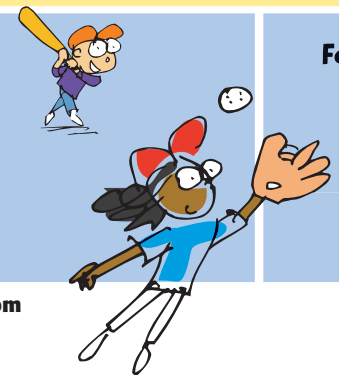
Calories Find the calorie level that fits your lifestyle to determine the amount needed from each food group each day.

Calories	Grains	Vegetables	Fruits	Milk	Meat & Beans
1,200	4 oz. each day	1.5 cups each day	1 cup each day	2 cups each day	3 oz. each day
1,400	5 oz. each day	1.5 cups each day	1.5 cups each day	2 cups each day	4 oz. each day
1,600	5 oz. each day	2 cups each day	1.5 cups each day	3 cups each day	5 oz. each day
1,800	6 oz. each day	2.5 cups each day	1.5 cups each day	3 cups each day	5 oz. each day
2,000	6 oz. each day	2.5 cups each day	2 cups each day	3 cups each day	5.5 oz. each day
2,200	7 oz. each day	3 cups each day	2 cups each day	3 cups each day	6 oz. each day

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

- Move more. Aim for at least 60 minutes every day, 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.

For more information on what's right for you go to www.zip4tweens.com and click on *Calculation Station*. Or you can visit www.MyPyramid.gov and click on *MyPyramid Plan*.