

Facts Page

Let these facts about a healthy, well-balanced diet help enhance your lesson.

MyPyramid for Kids encourages children ages 6 to 11 to eat right, exercise and have fun. The different colored stripes on *MyPyramid* encourage kids to eat a variety of foods from every food group. Rachel shows Monica that eating well means eating lots of different foods. The seven recommendations stressed by *MyPyramid* include:

Focus on fruits, and Vary your veggies

Rachel spreads the word that no matter how many fruits and vegetables we eat, everyone benefits from eating more.

Fruits and Veggies – More Matters!

“More” also speaks to all product forms—fresh, frozen, canned, dried and 100% juice—making it easier for families to navigate picky eaters and hectic schedules.

Make half your grains whole

Grain foods are available everywhere, but sometimes it isn’t easy to make whole grain choices. Even kids can learn to choose whole wheat tortillas and whole grain breakfast cereals, for example – and whole grain foods taste great!

Get your calcium-rich foods – Moove to Lowfat Milk!

Keep your heart healthy with lowfat choices, and keep your bones and teeth STRONG! Get 2 cups everyday, and 3 cups for ages 9 and above.

Go lean with protein

Lots of tasty choices here – meat, poultry, fish, dry beans, eggs, peanut butter, nuts and seeds! Choose a variety every day.

Limit fats, added sodium and sugars

For kids, this message translates into: Foods high in fat, salt (sodium) and sugars are “sometimes” foods – they just aren’t the best fuel for our bodies. By choosing foods from the colored stripes of *MyPyramid*, we pick foods that help us look and feel GREAT!!

Find your balance between food and physical activity

“Good food helps us have energy and zing!” We have energy to play and work, to learn and to have fun when we make good food choices.

Related websites:

MyPyramid: www.Mypyramid.gov

Canned Food Alliance: www.mealtime.org

Activity Pyramid from Missouri:

www.extension.missouri.edu/explorepdf/hesguide/foodnut/n00386.pdf

Produce for Better Health: <http://www.fruitsandveggiesmorematters.org/>

Wheat Foods Council: www.wheatfoods.org

Kids Health: www.kidshealth.org

