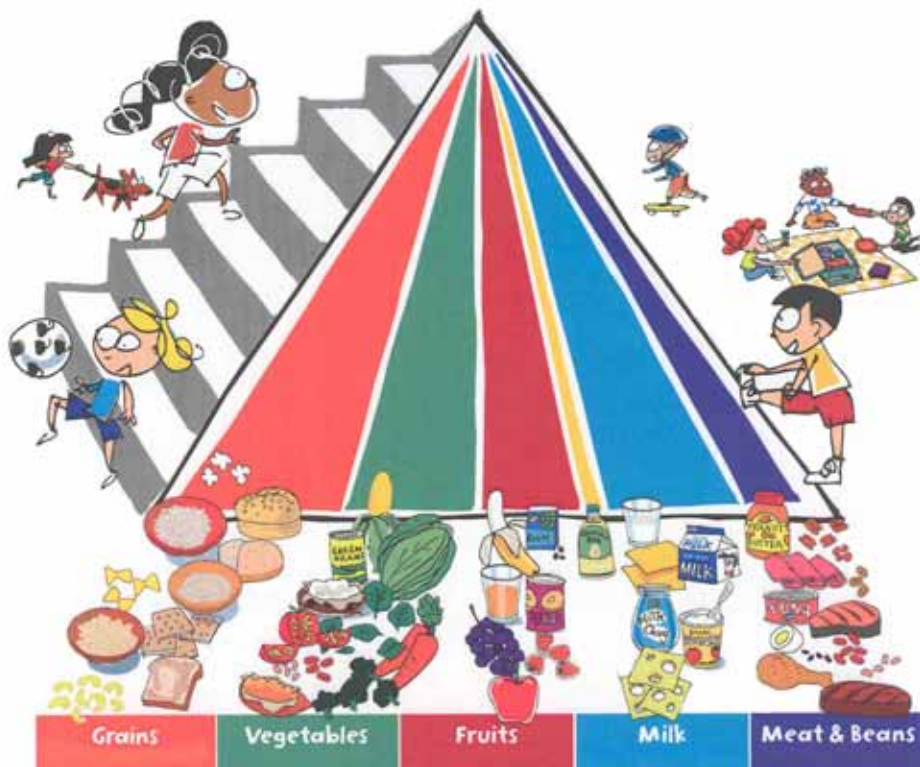


## A Look at the new MyPyramid for Kids



The USDA has released the new MyPyramid food guidance system for adults and kids at [www.mypyramid.gov](http://www.mypyramid.gov). Along with the new MyPyramid symbol, the system also provides many options to help families make healthy food choices and to be active every day.

Every part of the new symbol has a message. The person climbing the stairs reminds you and your children to do something active every day, like walking the dog, playing, swimming, hiking, biking, running or climbing lots of stairs.

The stripes represent the five different food groups plus oils. It is important to eat foods from all food

groups every day. Some of the stripes are wider than others. The different sizes remind you to choose more foods from the food groups with the widest stripes.

Every food group has foods that you should eat more often than others; these foods are represented at the wider part (bottom) of the pyramid stripe because they represent foods with little or no solid fats or added sugars. For example, whole grain bread would be located at the bottom wider part of the grain stripe while donuts and cookies which contain more added sugars and solid fats would be located at the top.

## Make Wise Food Choices

### Grains – Make half your grain whole

- Choose whole-grain foods such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn.
- Search the ingredients list to make sure the first word is “whole” such as “whole wheat”.
- Just because bread is brown doesn’t mean it’s a whole-grain.
- Choose whole-grain breakfast cereals.

### Vegetables – Vary your vegetables

- Go dark green with broccoli, spinach and dark green leafy lettuce.
- Try orange ones like carrots, sweet potatoes, squash, and pumpkin.
- Include dry beans and peas.
- Remember the starchy vegetables such as corn and potatoes.
- Introduce variety with asparagus, celery, peppers, tomatoes, onions, etc.

### Fruits – Nature’s treats – sweet and delicious

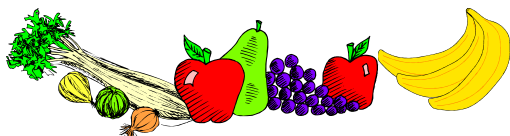
- Go easy on fruit juice and make sure it is 100% fruit.
- Use fresh, frozen, canned and dried fruits.
- When buying canned fruit, prefer packed in juice over packed in syrup.

### Milk – Get your calcium-rich foods

- Most milk choices should be fat free or low-fat.
- Yogurt and cheese make healthy snack foods and provide calcium.
- Foods made from milk that have little calcium, such as cream cheese, cream, and butter, are not part of this group.

### Meat & Beans – Go lean with protein

- Choose lean or low-fat meat, chicken, turkey and fish.
- Prepare items baked, broiled or grilled, not fried.
- Nuts, seeds, and beans are good sources of protein.



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## Exercise

1. **Set a good example.** Be active and get your family to join you.

- ☺ Have fun together.
- ☺ Play with the kids or pets.
- ☺ Go for a walk, tumble in the leaves, or play catch.
- ☺ Take a bike ride with your kids, push the baby in a stroller.



2. **Take the President’s Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).

3. **Establish a routine.** Set aside time each day as activity time — walk, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.

4. **Have an activity party.** Make the next birthday party centered on physical activity. Try games that require activity such as “duck, duck, goose” or relay races.

5. **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

6. **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, life weights or walk around. Remember to limit TV watching and computer time.



7. **Give activity gifts.** Gift gifts that encourage physical activity — active games or sporting equipment.

Source: United States Department of Agriculture, [www.mypyramid.gov](http://www.mypyramid.gov).

This document can be made available in alternative formats, such as large print, Braille, or audio tape, by contacting your county Extension office. (TTY 1-800-947-3529)

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