



Balance Eating and Exercise to Stay Healthy! MyPyramid Can Help!



Make smart food choices!

- ◆ **Grain foods:** Make half your grains whole. Eat whole wheat bread, brown rice, and any grain food that lists the word “whole” as the first word in the ingredients on the label.
- ◆ **Fruits and Veggies:** Eat many different colored fruits and veggies every day.
- ◆ **Oils:** Limit the oils you use. Use only canola or olive oil if you can. Eat foods that contain healthy oils like fish and nuts (but not too many).
- ◆ **Milk products:** Eat calcium-rich foods like low-fat milk and yogurt or cheese.
- ◆ **Meat and Beans:** Choose lean meats and more beans.



Be active!

- ◆ Get active for at least 30 minutes each day.
- ◆ Be so active that you breathe heavy enough to make it hard to talk or sing.
- ◆ Help your children be that active for at least 60 minutes every day.

Learn more at www.mypyramid.gov!

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