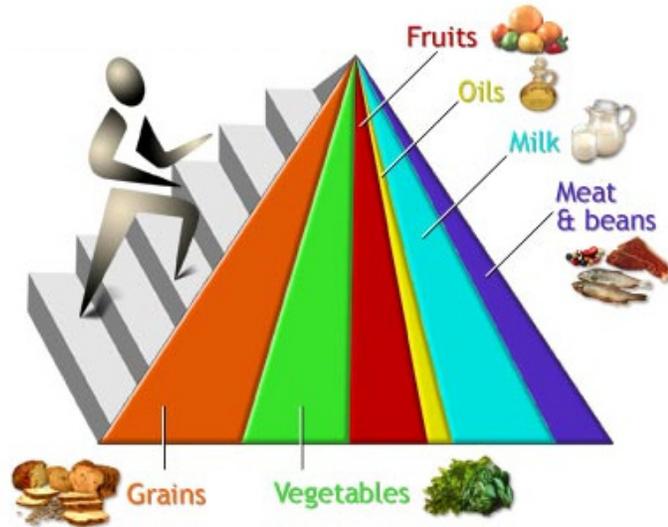


# Safe kids Healthy kids Happy kids

## Eat Healthy: Use the Food Pyramid

The Food Guide Pyramid is one way for people to understand how to eat healthy.

- A rainbow of colored, vertical stripes represents the five food groups plus fats and oils.
- The steps are a way of saying that you can make changes little by little to be healthier — one step at a time.



Grains	Vegetables	Fruits	Milk	Meat & Beans
<p><b>Grains</b> Make half your grains whole</p> <p>Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day.</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p><b>Vegetables</b> Vary your veggies</p> <p>Eat more dark-green veggies, like broccoli, spinach, and other dark leafy greens.</p> <p>Eat more orange vegetables like carrots and sweetpotatoes.</p> <p>Eat more dry beans and peas.</p>	<p><b>Fruits</b> Focus on fruits</p> <p>Eat a variety of fruit.</p> <p>Choose fresh, frozen, canned, or dried fruit.</p> <p>Go easy on fruit juices.</p>	<p><b>Milk</b> Get your calcium-rich foods</p> <p>Go low-fat or fat-0free when you choose milk, yogurt, and other milk products.</p> <p>If you don't or can't consume milk, chose lactose-free products or calcium fortified foods and beverages.</p>	<p><b>Meat &amp; Beans</b> Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

**For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you and your family members, go to [MyPyramid.gov](http://MyPyramid.gov).**

Eat 6 oz. every day	Eat 2-1/2 cups every day	Eat 2 cups every day	Eat 3 cups every day	Eat 5-1/2 oz. every day
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*The recommendations in the Dietary Guidelines and in MyPyramid are for the general public over 2 years of age. MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.*



*Brought to you by Parent Help Line and St. John's Children's Hospital*



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 1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

