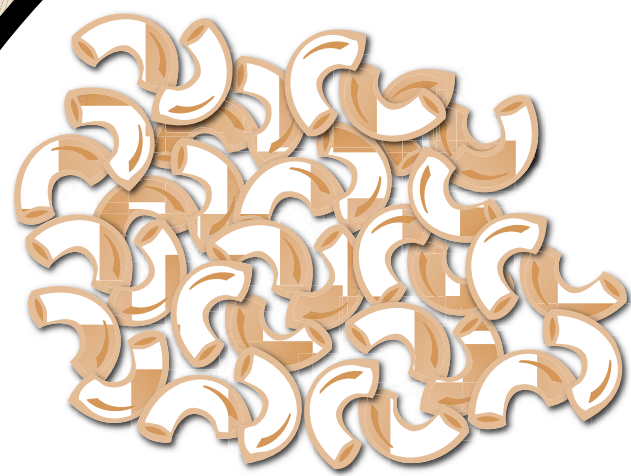


eat right

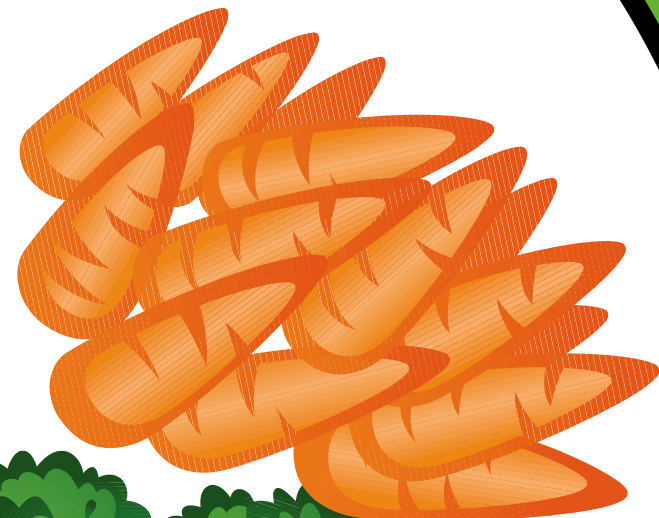
1/2 c. Fruit

1 Slice of Bread

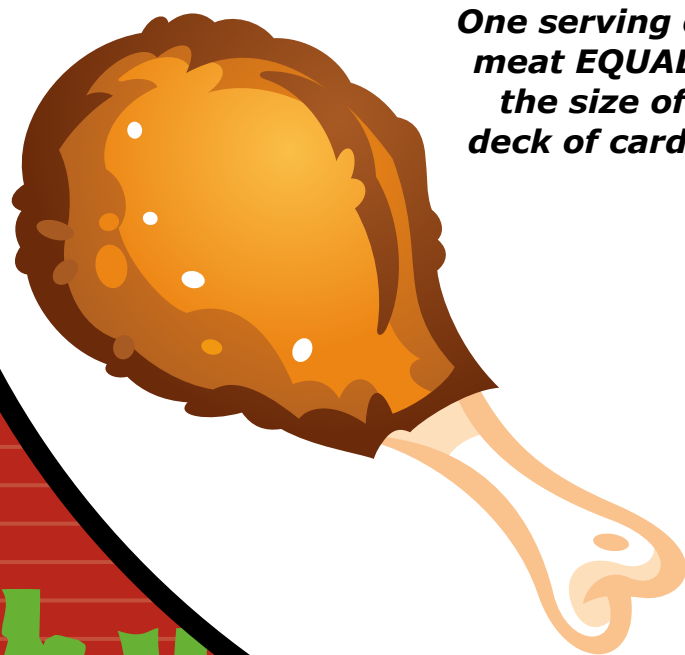


1/2 c. Grain

One cup of fruits or vegetables EQUALS the size of a baseball.



1/2 to 1 c. Vegetables



2-3 oz. Protein

8 oz. Milk

the portion PLATE

EAT healthy every-day

have FUN

EXERCISE

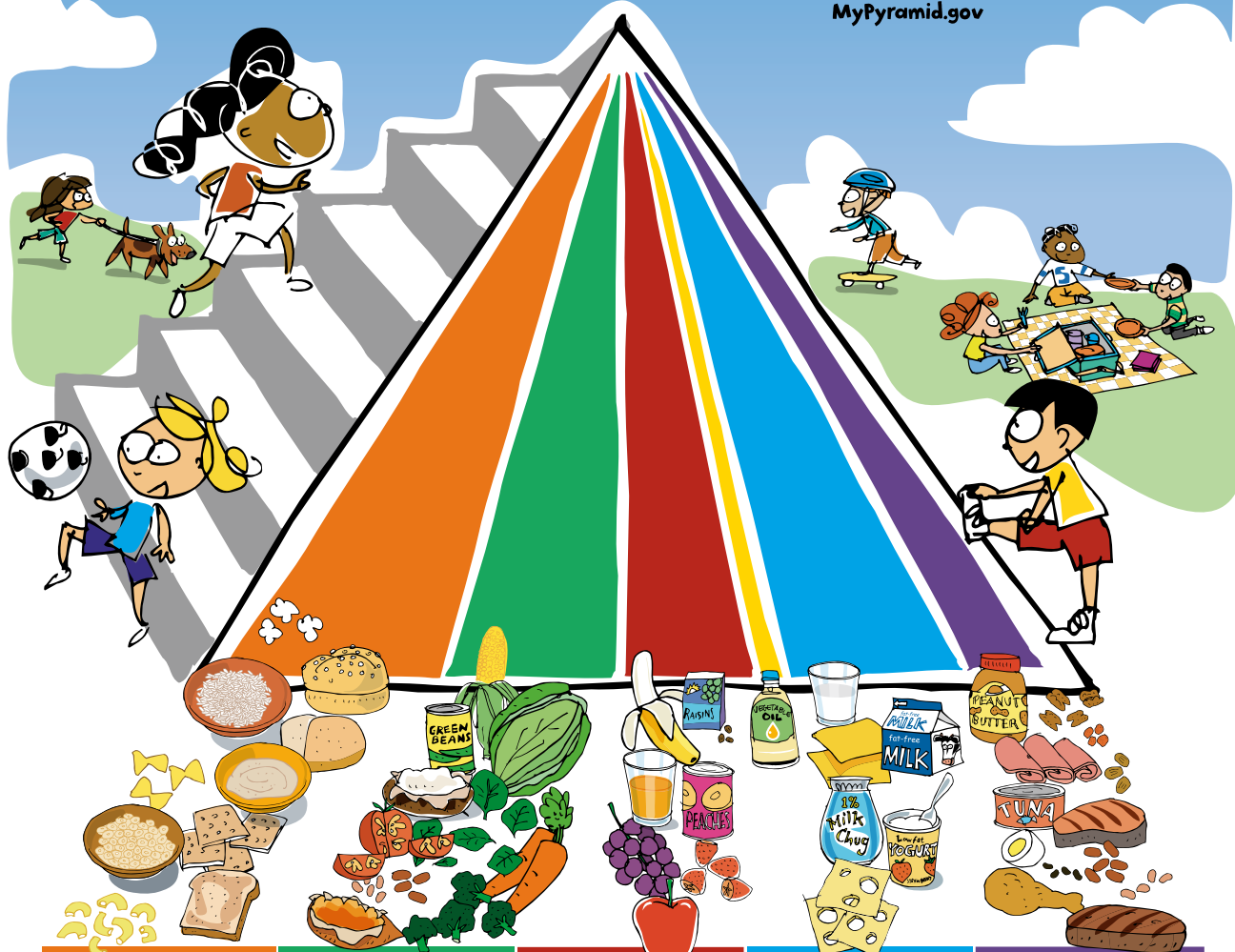
Floyd Valley Hospital

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www.floydvalleyhospital.org

MyPyramid For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Move It!

Okay, you know it's smart to be physically active. But how much activity is enough?

Each day, try to work in about 30 minutes of moderate physical activity, such as walking or riding a bike. Or, at least three times a week, challenge yourself to 15 to 20 minutes of more intense activities, such as jogging or one-on-one basketball. Whatever activity you choose, make every day an active day.

Do MORE

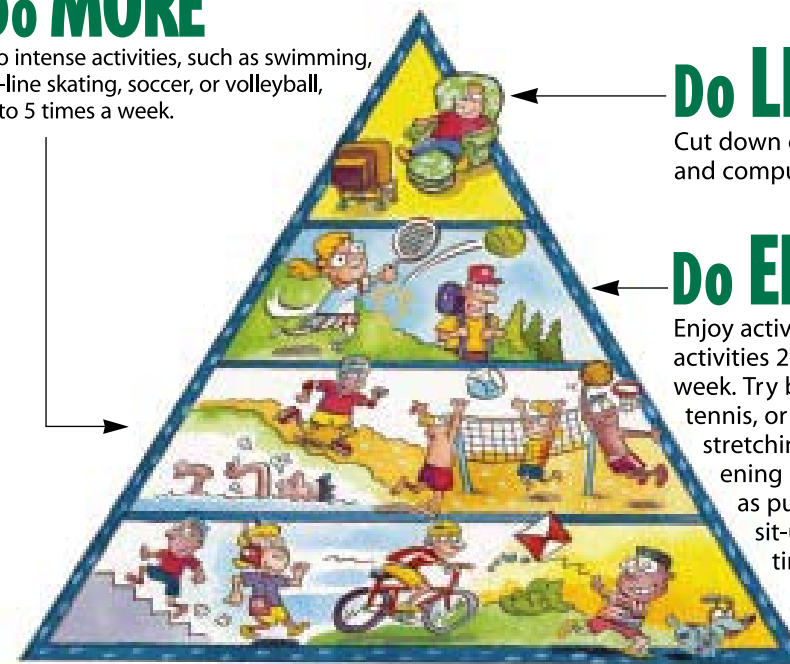
Do intense activities, such as swimming, in-line skating, soccer, or volleyball, 3 to 5 times a week.

Do LESS

Cut down on TV watching and computer games.

Do ENOUGH

Enjoy active leisure activities 2 to 3 times a week. Try brisk walking, tennis, or softball. Do stretching and strengthening activities, such as push-ups and sit-ups, 2 to 3 times a week.



Do PLENTY

Add more daily physical activity to your life. Take the stairs. Walk or ride your bike.

Your body counts on you to be active to help strengthen your bones and build lean muscles. So stop sitting around and get moving!

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
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Start smart with breakfast. Look for whole-grain cereals. 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").	Color your plate with all kinds of great-tasting veggies. 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.	Fruits are nature's treats – sweet and delicious. Go easy on juice and make sure it's 100%.	Move to the milk group to get your calcium. Calcium builds strong bones. Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.	Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried. It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.
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For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.				
Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every 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	Fats and sugars — know your limits
<ul style="list-style-type: none"> Move more. Aim for at least 60 minutes everyday, or most days. Walk, dance, bike, rollerblade – it all counts. How great is that! 	<ul style="list-style-type: none"> 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.



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