

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

MyPyramid for Preschoolers

Eat Right. Exercise. Have Fun.

MyPyramid.gov



<p>Grains Make half your grains whole</p>	<p>Vegetables Vary your veggies</p>	<p>Fruits Focus on fruits</p>	<p>Milk Get your calcium-rich foods</p>	<p>Meat & Beans Go lean with protein</p>
--	--	--	--	---

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



U.S. Department of Agriculture
Food and Nutrition Service
April 2009
FNS-408

USDA is an equal opportunity provider and employer.