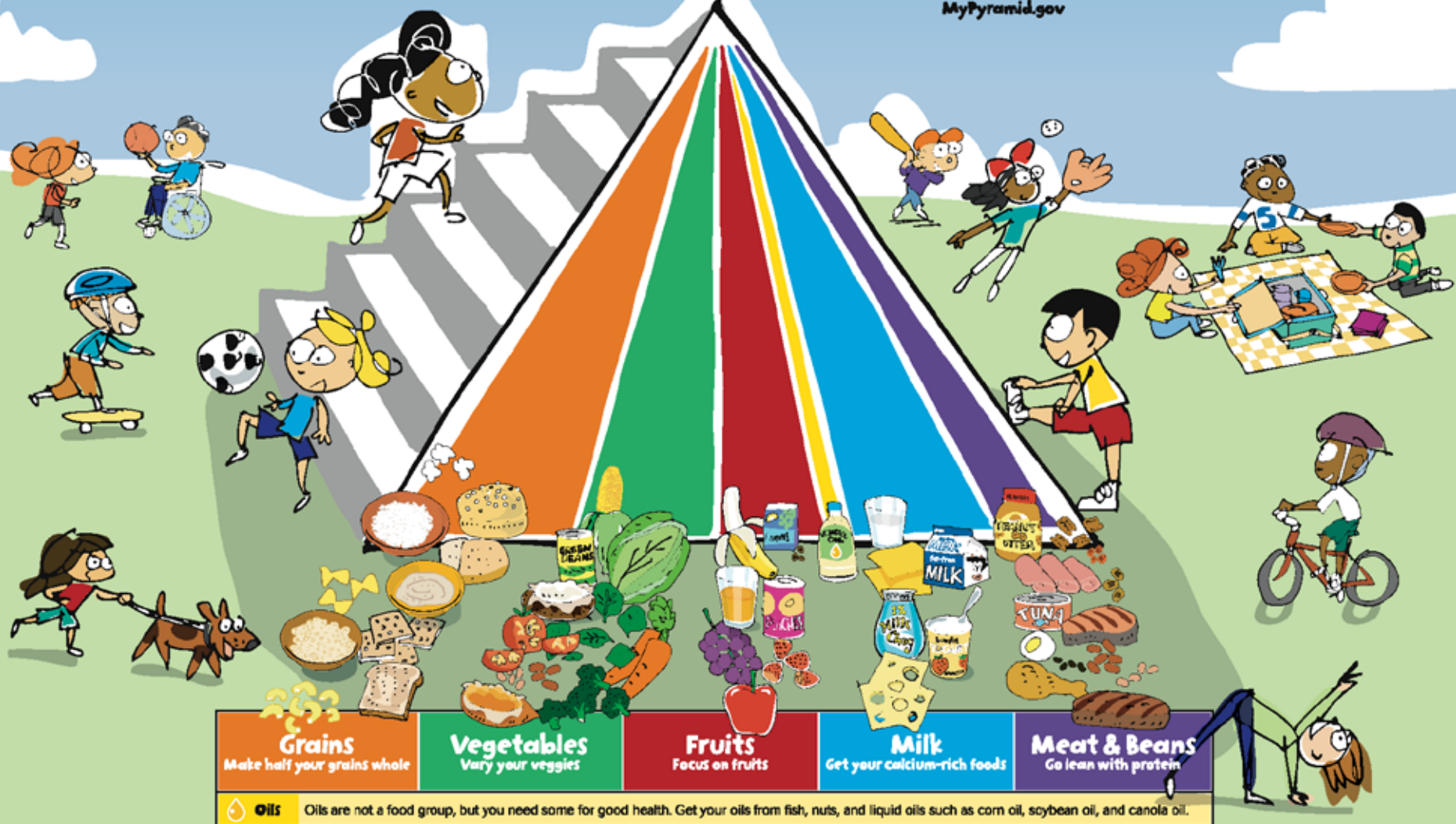


MyPyramid ^{For Kids}

Eat Right. Exercise Have Fun.

MyPyramid.gov



★ Find your balance between food and fun ★ Fats and sugars — know your limits

| Grains Choose whole grains | Vegetables Go for the colors | Fruits Fresh, frozen, canned and dried will do | Milk Feed your bones with high-calcium foods | Meat & Beans Go lean |
|--|---|--|--|---|
| <p>Have popcorn for a snack.</p> <p>Make a peanut butter sandwich on whole-wheat bread.</p> <p>Try oatmeal for breakfast.</p> <p>Snack on toasted oat cereal.</p> <p>Have brown rice instead of white.</p> <p>Dip baked tortilla chips in salsa for a quick snack.</p> | <p>Dip baby carrots and green pepper strips in low-fat dressing.</p> <p>Try a salad made with spinach.</p> <p>Make black bean dip.</p> <p>Bake a sweet potato in the microwave oven.</p> <p>Order a veggie pizza.</p> | <p>Sprinkle raisins on breakfast cereal.</p> <p>Have a frozen 100 percent juice bar for dessert.</p> <p>Carry an orange or apple in your backpack for a snack.</p> <p>Snack on canned mandarin oranges.</p> <p>Have a fruit salad for lunch.</p> | <p>Make a smoothie by blending low-fat yogurt and frozen strawberries.</p> <p>Top a baked potato with low-fat cheese.</p> <p>Dip fruit in flavored yogurt.</p> <p>Drink orange juice with added calcium.</p> <p>Try soy milk or soy yogurt.</p> <p>Drink plain or chocolate low-fat milk with meals.</p> | <p>Add red kidney beans to a tossed green salad.</p> <p>Sprinkle peanuts over stir-fry vegetables.</p> <p>Ask for broiled or grilled meat and chicken.</p> <p>Snack on soy nuts.</p> <p>Take the skin off chicken.</p> <p>Sprinkle nuts on frozen yogurt.</p> <p>Have a tuna salad sandwich on whole-wheat bread.</p> |

Adapted from the University of Missouri Publication N942 and USDA Publication CNPP-15.

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Made available by the LSU AgCenter Nutrition Program

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Pub. 2920 (20M) 2/06 Rev.
 Issued in furtherance of Cooperative Extension work, Acts Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.



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