

MyPyramid

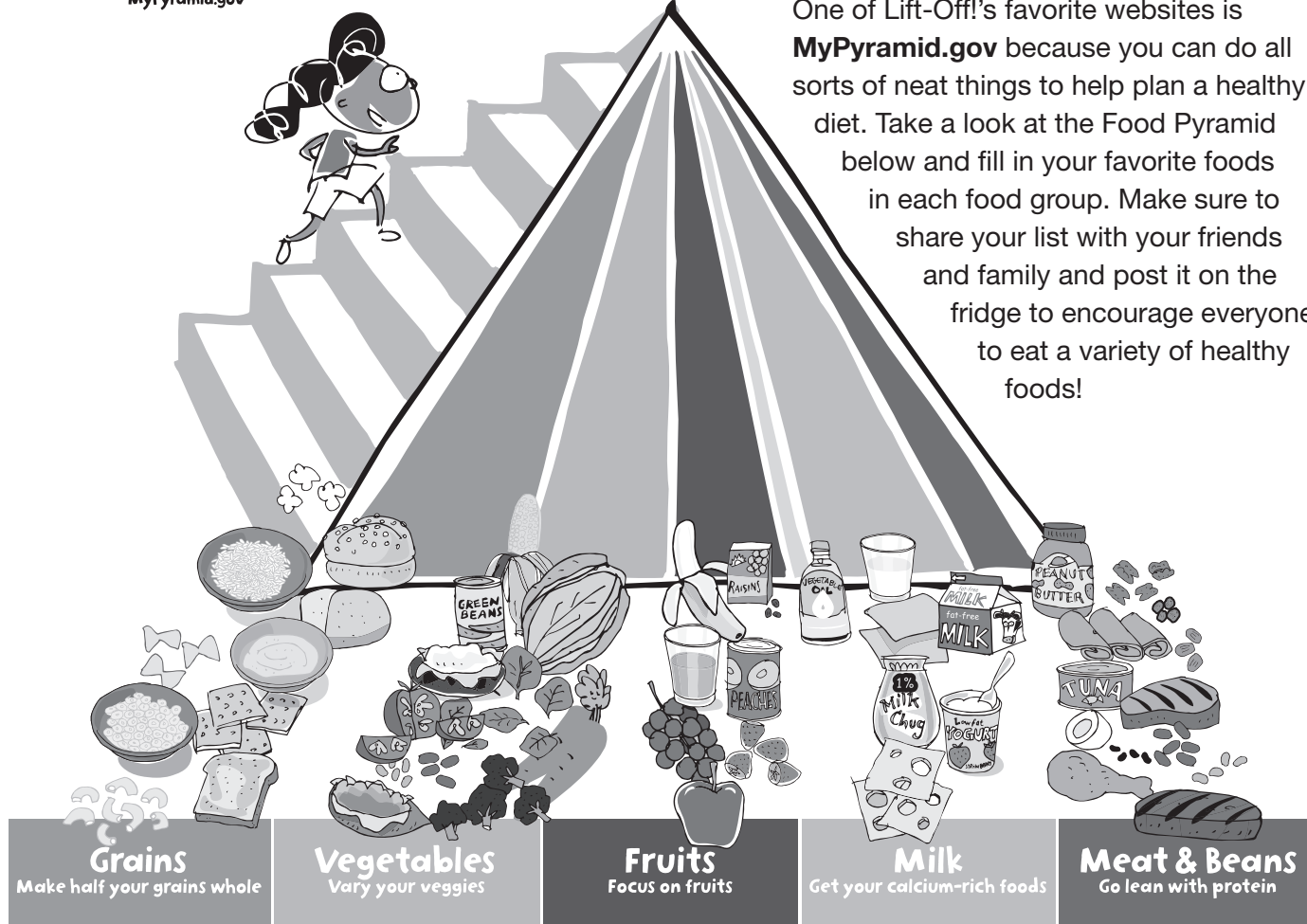
For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov

Make A Meal!

One of Lift-Off's favorite websites is **MyPyramid.gov** because you can do all sorts of neat things to help plan a healthy diet. Take a look at the Food Pyramid below and fill in your favorite foods in each food group. Make sure to share your list with your friends and family and post it on the fridge to encourage everyone to eat a variety of healthy foods!



Now how can you figure out just how much of each of your favorite foods is healthy? Easy! Follow these simple steps:

1. Ask a parent permission to go online, and then go to **MyPyramid.gov**.
2. Click on "MyPyramid Plan".
3. Fill in your age, sex, weight, height, and how much physical activity you do. Then click "Submit".
4. If you are at a healthy weight, you will be taken directly to a page with your nutrition information. If you are at an unhealthy weight you will be taken to a page where you can choose a plan to maintain your current weight or to gradually move toward a healthier weight. Choose to move toward a healthier weight.
5. Once you arrive at "MyPyramid Plan", click on "Click here to view and print a PDF of a helpful Meal Tracking Worksheet." This is located under the image of the Food Pyramid.
6. Print out the sheet and track your eating habits for the day. At the end of the day, see how you did!
7. Continue using these sheets to help guide you toward a healthier diet!

Now you're on your way to a healthier lifestyle... and a delicious and nutritious diet just for you! Have fun and enjoy!

