

# The Pyramid, the Grocer, and You!

Isn't it amazing how much food there is at your local grocery store? You can find just about any food you could possibly want. Of course, among the mix of foods are plenty of healthy options you should consider...and less healthy options that are best to pick up only occasionally.

So how can you really know which foods are best to buy? Try this...

Next time you visit the grocery store, fill out the following list with your picks from each group of foods. Then when you get home, ask for permission to go online and log on to **mypyramid.gov/pyramid**. Click on each of the food groups under "Related Topics" and see if your "shopping list" has the right foods!

If you've listed the foods you need to get the nutrition your body requires, good for you! If you didn't, that's ok. Just print out another one of these sheets and try again the next time you go to the market. Eventually you're sure to make the right choices!

**My Grains:** \_\_\_\_\_  
\_\_\_\_\_

**My Vegetables:** \_\_\_\_\_  
\_\_\_\_\_

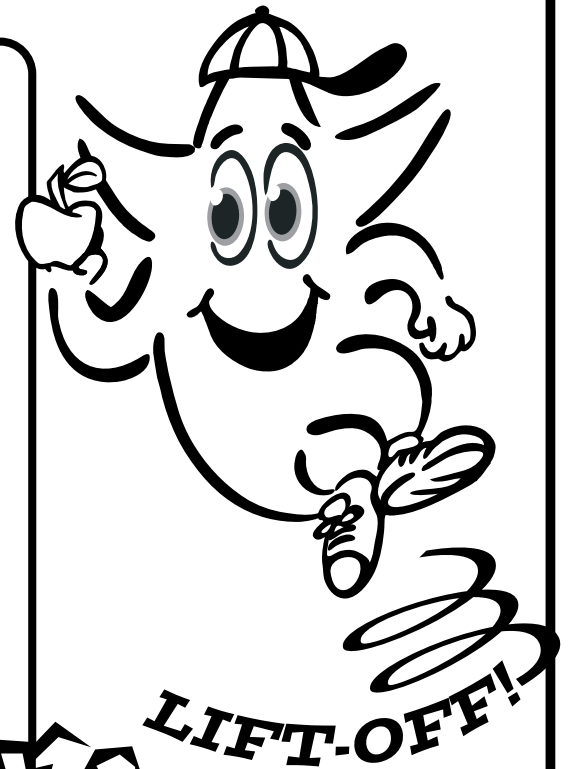
**My Fruits:** \_\_\_\_\_  
\_\_\_\_\_

**My Milk:** \_\_\_\_\_  
\_\_\_\_\_

**My Meats and Beans:** \_\_\_\_\_  
\_\_\_\_\_

**My Oils:** \_\_\_\_\_  
\_\_\_\_\_

**My Discretionary Calories:** \_\_\_\_\_  
\_\_\_\_\_



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Eat Right. Exercise. Have Fun.  
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