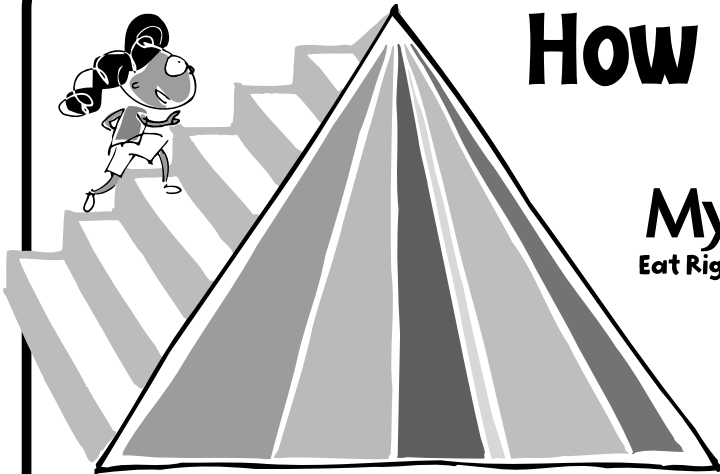


# How Much Do I Need?



**MyPyramid** For Kids  
Eat Right. Exercise. Have Fun.  
MyPyramid.gov



Every day you need to make sure you eat food from each of the major food groups. But how much do you really need? It's easy to find out! Just follow these easy steps and you can make your own customized meal plan every day!

- STEP 1:** Ask an adult for permission to go online, and log on to **MyPyramid.gov**. Ask a parent or guardian to work with you on this activity.
- STEP 2:** In the blue menu bar on the left, click on "MyPyramid Menu Planner".
- STEP 3:** Fill in the fields on the left-hand side of the screen and click "Submit".
- STEP 4:** At the top of the screen, click on "Register" so you can login to your Planner anytime. Fill in the fields and click "Submit", then click on "Menu Planner" in the menu at the top of the screen.
- STEP 5:** The chart on your screen will tell you how much of each food group you need each day, as well your daily Calorie limit, Extras limit (snacks and desserts) and Oils limit.
- STEP 6:** Now comes the really fun part! Use the search field on the left-hand side of the screen to search for foods you intend to eat during the day (or if you're doing this after you've finished eating for the day, what you have already eaten). Enter a food item and click "Search". Select the item that most closely matches what you searched for.
- STEP 7:** Once you have clicked on a food item, the screen will ask you to choose an amount. You will then be told how that food item fits into the food groups, as well as how many Calories and Extras are contained in that food. Choose the meal time you will be eating (or have eaten) the food and click "Add".
- STEP 8:** Once you've filled in your entire menu for the day, take a look at the chart. Did you get enough of each food group? Did you stay within a healthy Calorie range?  
  
If you did, good for you! If you didn't, don't be upset! This is a great chance to play around with the website and see how you can make your daily menu healthier!
- STEP 9:** Log-in regularly (with adult permission and supervision) and track your daily menu to see how you are doing! If you try hard to get the right amounts of each food group and Calories each day, you will be off to a great start to being super healthy!