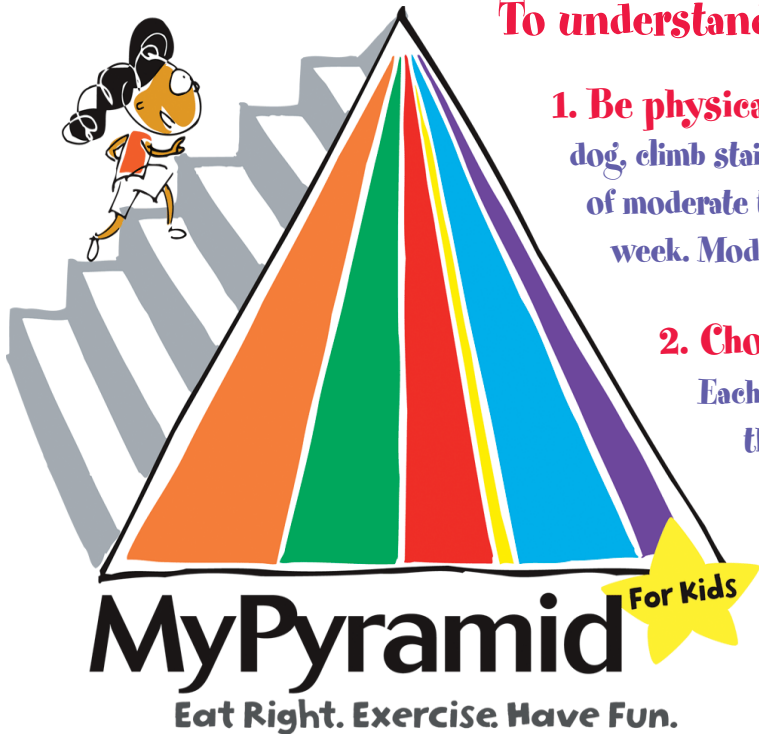


Name \_\_\_\_\_

# A LOOK AT MYPYRAMID

**MyPyramid is our eating guide pro.  
It has some messages that you must know.**

**The important ones are defined below.  
To understand each one should be your goal.**



**1. Be physically active each day.** Run, play, swim, walk the dog, climb stairs, play sports, dance. You should do 60 minutes of moderate to vigorous activity a day, or most days of the week. Moderate means medium, vigorous means energetic.

**2. Choose healthier foods from each food group.** Each group has foods you should eat more often than other foods in the group. These foods are found at the bottom of MyPyramid.

**3. Eat more from some food groups than others.** MyPyramid's color stripes are different sizes. You should eat more foods from the food groups with the widest stripes.

**4. Every color everyday.** Each group has a different color. You should eat foods from every color each day. Oils isn't really a food group, but you need some for good health.

**5. Make choices that are right for you.** MyPyramid's guide to healthy eating is based on you as an individual. It means you should make your food choices based on your age, if you are a boy or girl, and how much exercise you get each day. "One size doesn't fit all" is what they say.

**6. Take one step at a time.** It's hard to change what you eat and how much exercise you get everyday all at once. Just do one thing that is better for you each day. Take one step each day to a healthier you.

**Now, eat right, exercise and have some fun!  
Memorize this and your lesson is done!**