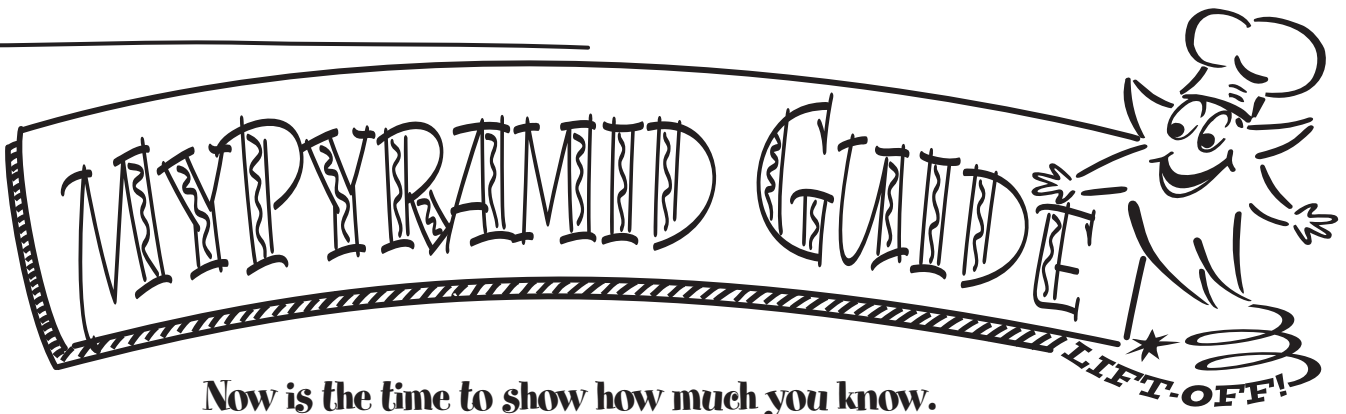


Name \_\_\_\_\_



Now is the time to show how much you know.

Please fill in MyPyramid facts below.

**Grains**

**Number of ounces each day:** 4-6 ounce equivalents

**What I should know:** Make half your grains whole

**Two foods in this group are:** \_\_\_\_\_  
whole grain cereal, breads, crackers, rice, pasta

**Vegetables**

**Number of cups each day:** 1 1/2 to 2 1/2 cups

**What I should know:** Vary your Veggies.

**Two foods in this group are:** \_\_\_\_\_  
broccoli, spinach, carrots, beans

**Fruits**

**Number of cups each day:** 1 to 1 1/2 cups

**What I should know:** Focus on Fruits

**Two foods in this group are:** \_\_\_\_\_  
bananas, apples, berries, peaches, dried fruit

**Oils**

**Is this a Food Group?**    yes   X   no

**Number of teaspoons each day:** 4-5

**What I should know:** Know my oils and fats

**Two oils are:** salad dressings, olive oil, butter,  
margarine

**Milk**

**Number of cups each day:** 2 to 3 cups

**What I should know:** Get your calcium rich foods.

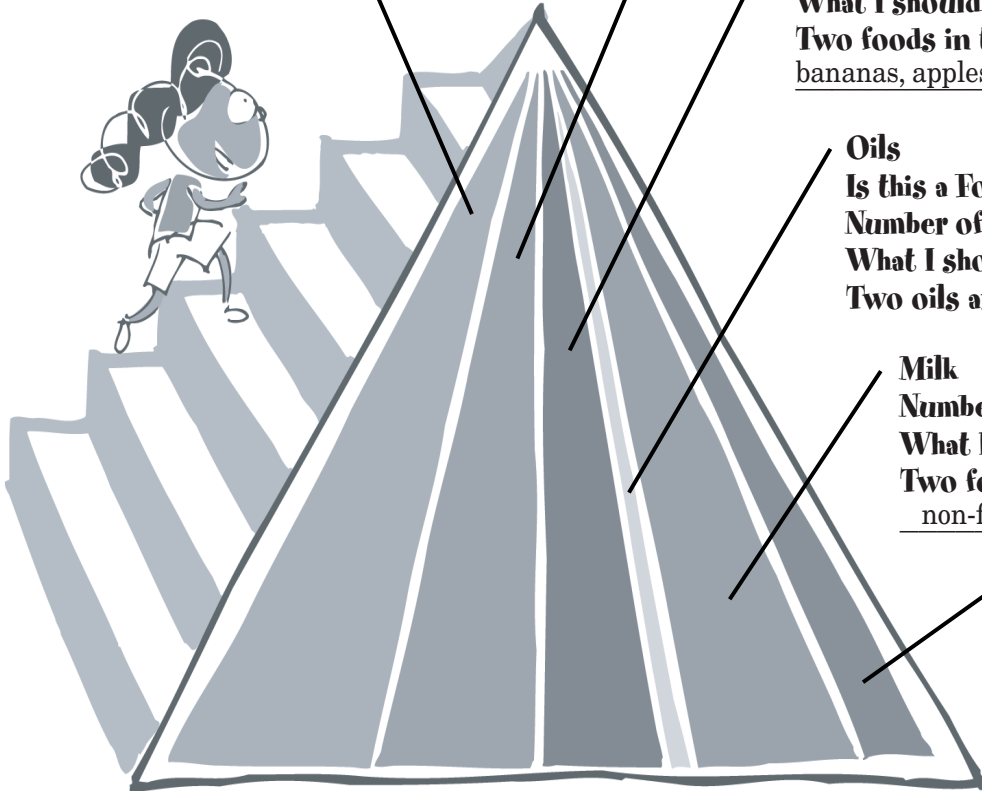
**Two foods in this group are:** \_\_\_\_\_  
non-fat or low-fat milk, yogurt, cheese

**Meat & Beans**

**Number of ounces each day:** \_\_\_\_\_  
3 to 5 ounce equivalents

**What I should know:** \_\_\_\_\_  
Go lean with protein

**Two foods in this group are:** \_\_\_\_\_  
fish, beans, meat, chicken, eggs,  
nuts, peas, seeds



**MyPyramid Plan**



**Be Active**

**Number of minutes to be active each day:** 30-60 minutes

**Two activities I like to do each day:** run, bike, play sports, dance, walk dog



Nutrition • Achievement • Environment • Community • Activity  
by *sodexo*