



6-2008

SP665 My Pyramid for Kids

The University of Tennessee Agricultural Extension Service

Follow this and additional works at: http://trace.tennessee.edu/utk_agexfood

Recommended Citation

"SP665 My Pyramid for Kids," The University of Tennessee Agricultural Extension Service, SP665 150M 6/08 E12-5310-126-009-09 09-0008, http://trace.tennessee.edu/utk_agexfood/38

The publications in this collection represent the historical publishing record of the UT Agricultural Experiment Station and do not necessarily reflect current scientific knowledge or recommendations. Current information about UT Ag Research can be found at the [UT Ag Research website](#).

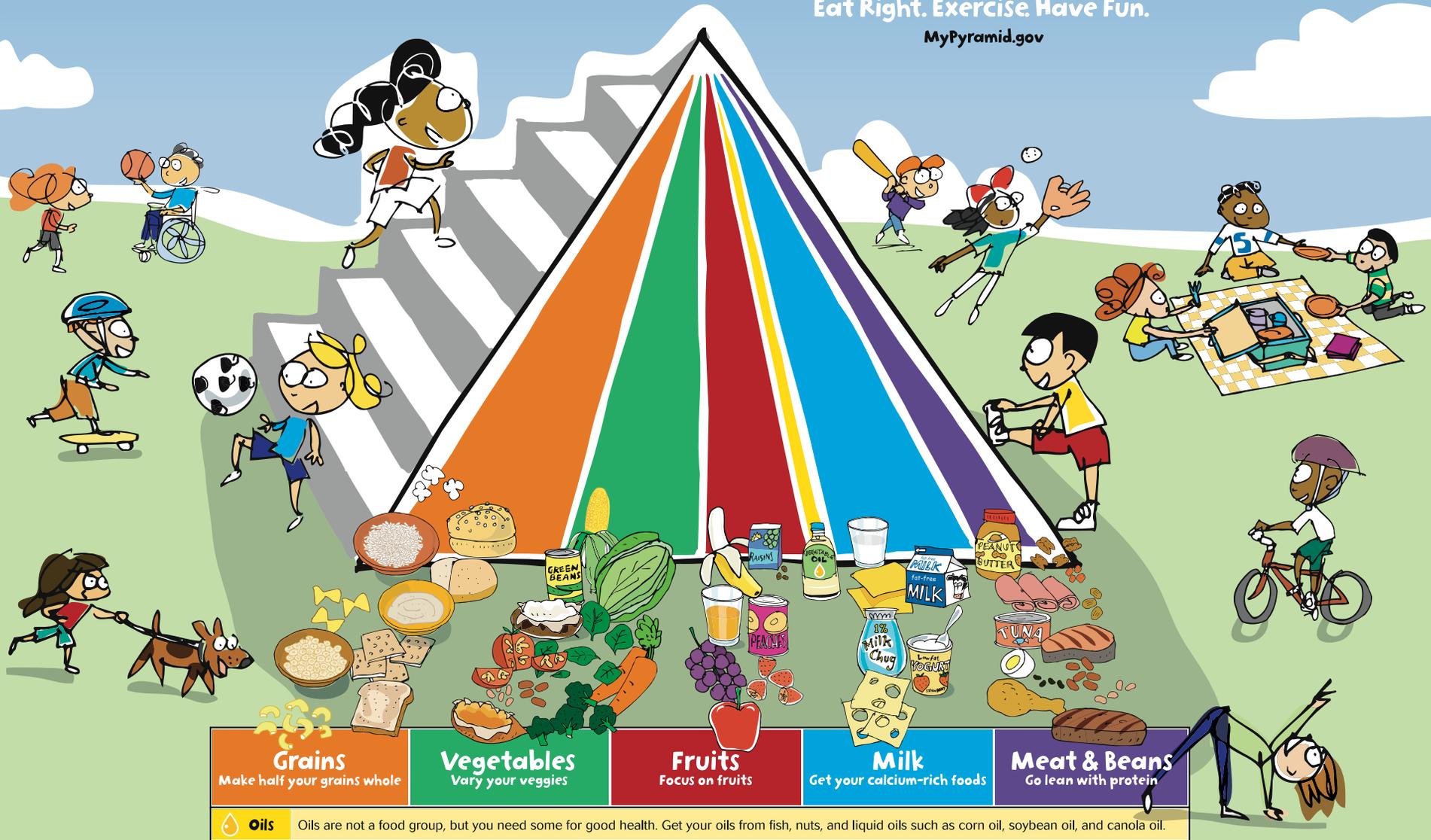
This Food & Cooking - Food/Nutrition Publications for Children is brought to you for free and open access by the UT Extension Publications at Trace: Tennessee Research and Creative Exchange. It has been accepted for inclusion in Food, Nutrition and Food Safety by an authorized administrator of Trace: Tennessee Research and Creative Exchange. For more information, please contact trace@utk.edu.

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov

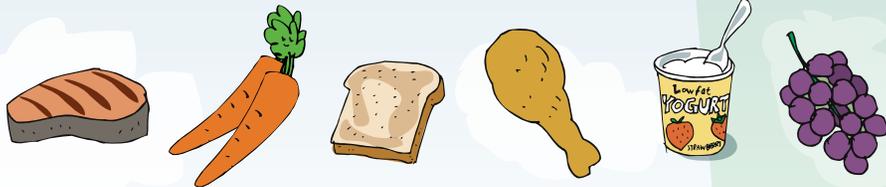


★ Find your balance between food and fun ★ Fats and sugars — know your limits

Tips for Families

Eat Right

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals and at snack time, too. Choose fresh, frozen, canned or dried. Go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones, serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts and liquid oils, such as corn, soybean, canola and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



Visit the UT Extension Web site at <http://www.utextension.utk.edu/>

Exercise

- 1 Set a good example.** Be physically active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle or swim. Adults need at least 30 minutes of physical activity most days of the week; children need 60 minutes every day or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.



HAVE FUN!



This project is funded, in part, under an agreement with the Tennessee Department of Human Services and USDA Food Stamp Program.

SP685 150M 6/08 E12-5310-126-009-09 09-0008

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.