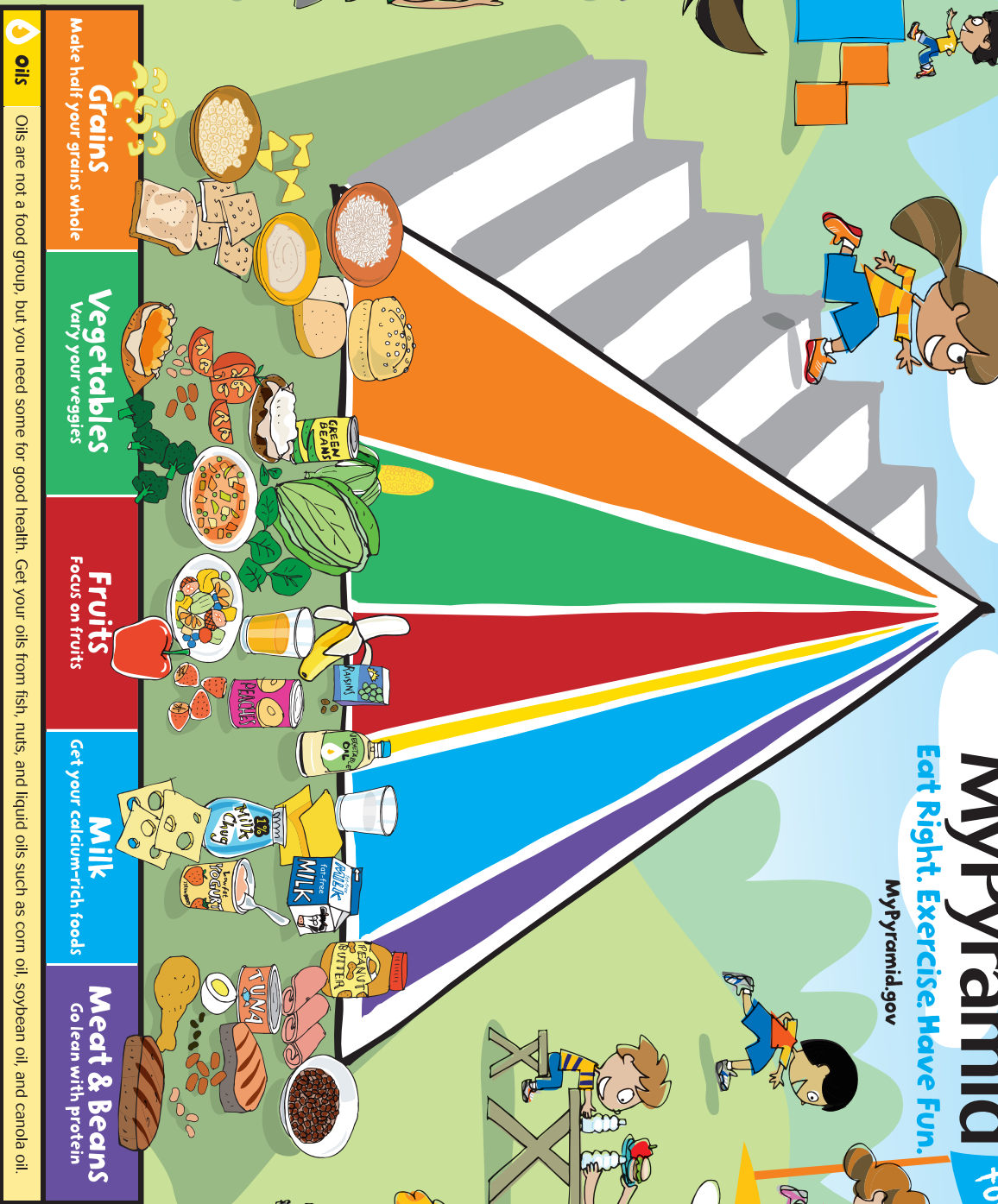


MyPyramid for Preschoolers

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Oils
Make half your grains whole
Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Grains
Vary your veggies
Focus on fruits
Get your calcium-rich foods
Go lean with protein

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

