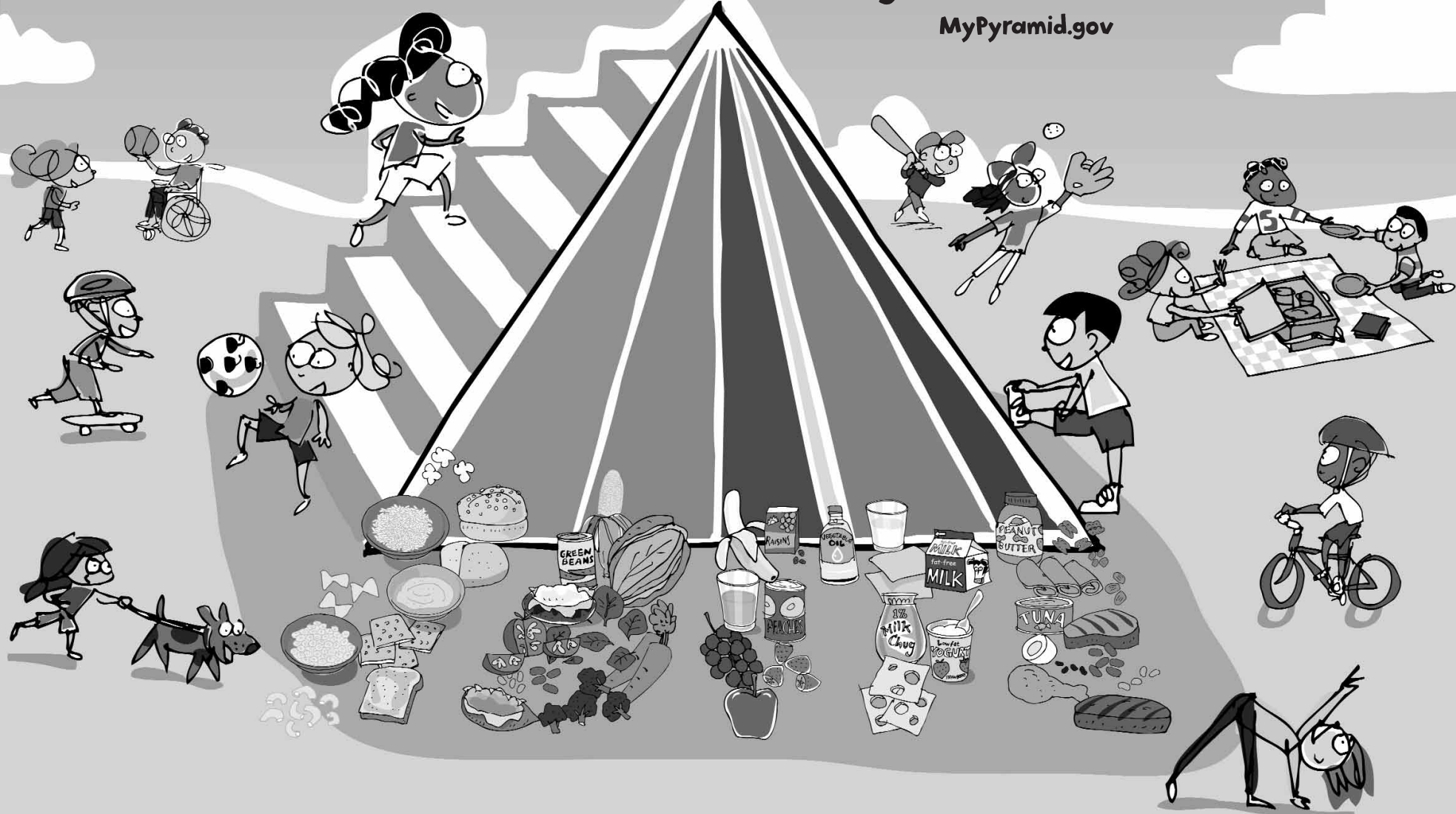


# MyPyramid For Kids

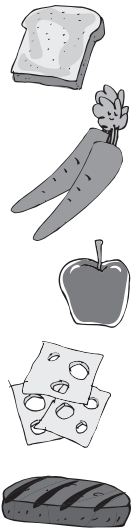
**Eat Right. Exercise. Have Fun.**  
[MyPyramid.gov](http://MyPyramid.gov)



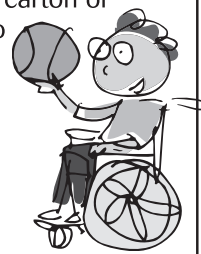
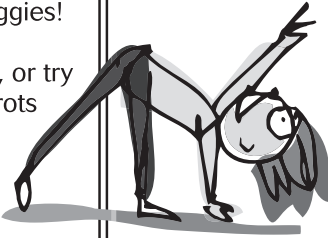
# What's the Right Amount of Food for Me?



Kids, ages 6-11, need 1,200 to 2,200 calories depending on age, gender and activity level. In general, boys require slightly more than girls, and active kids require more than inactive or sedentary kids.



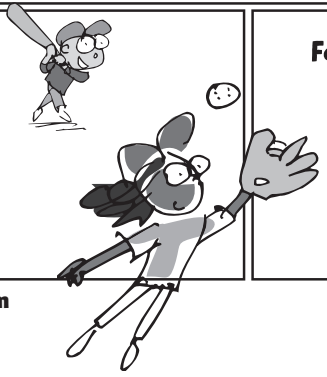
	<b>Grains</b> Make half your grains whole	<b>Vegetables</b> Vary your veggies	<b>Fruits</b> Focus on fruits	<b>Milk</b> Get your calcium-rich foods	<b>Meat &amp; Beans</b> Go lean with protein
	<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p><b>Eat lean beef and pork, skinless chicken and turkey, and fish.</b> Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>
<b>Calories</b>	<b>Find the calorie level that fits your lifestyle to determine the amount needed from each food group each day.</b>				
1,200	4 oz. each day	1.5 cups each day	1 cup each day	2 cups each day	3 oz. each day
1,400	5 oz. each day	1.5 cups each day	1.5 cups each day	2 cups each day	4 oz. each day
1,600	5 oz. each day	2 cups each day	1.5 cups each day	3 cups each day	5 oz. each day
1,800	6 oz. each day	2.5 cups each day	1.5 cups each day	3 cups each day	5 oz. each day
2,000	6 oz. each day	2.5 cups each day	2 cups each day	3 cups each day	5.5 oz. each day
2,200	7 oz. each day	3 cups each day	2 cups each day	3 cups each day	6 oz. each day



**Oils** 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.

## Find your balance between food and fun

- Move more. Aim for at least 60 minutes every day, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!



## Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

For more information on what's right for you go to [www.zip4tweens.com](http://www.zip4tweens.com) and click on *Calculation Station*. Or you can visit [www.MyPyramid.gov](http://www.MyPyramid.gov) and click on *MyPyramid Plan*.

Adapted from U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. USDA does not endorse any products, services, or organizations. Provided by Cattlemen's Beef Board and National Cattlemen's Beef Association. May be duplicated for instructional purposes.

# A Close Look at MyPyramid For Kids

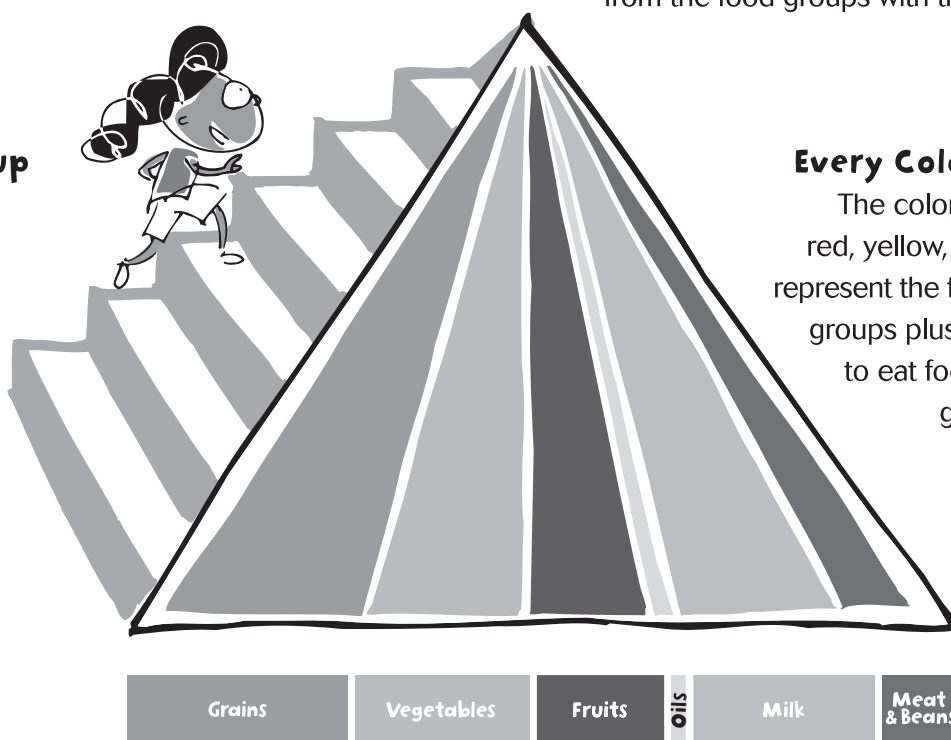
*MyPyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

## Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

## Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



## Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

## Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

## Make Choices That Are Right for You

*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

## Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



U.S. Department of Agriculture  
Center for Nutrition Policy and Promotion CNPP-18  
Food and Nutrition Service FNS-390  
September 2005



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## Dear Family,

As you may know, the government recently introduced a revision of their food guidance system, originally introduced in 1992 as the Food Guide Pyramid. MyPyramid, released in 2005, symbolizes a personalized approach to healthy eating and physical activity.

Your child is learning about MyPyramid for Kids, the youth-focused version of MyPyramid designed for 6- to 11-year-olds. **MyPyramid emphasizes the basics**, be physically active and choose

nutrient-rich foods, or power foods, from all five food groups every day. It's important that children understand that all foods

can fit into a healthful diet. However, by **choosing power foods first**,

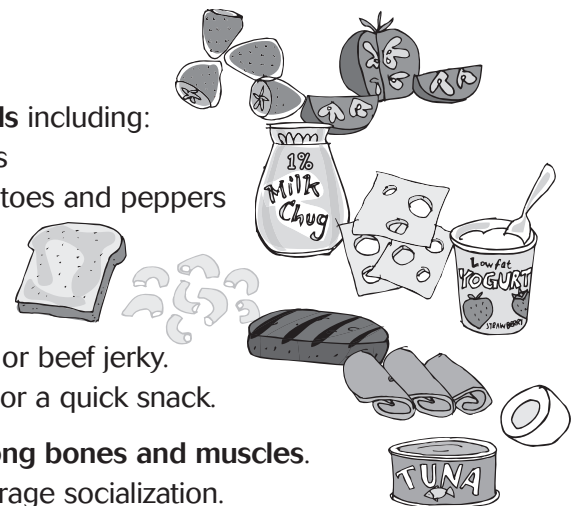
they get more essential vitamins and minerals for fewer calories in every bite. Then, if they've stayed within their calorie needs, they can enjoy less nutrient-rich foods, or those with more calories, solid fats and added sugars.

There are five food groups for a reason. **No single food or food group can provide all the 50-plus nutrients your child needs.** For example, your child needs milk products for calcium, grains for fiber and folate, fruits and vegetables are rich in vitamins A and C, and the meat and beans group provides protein, iron and many B-vitamins.

Add more power foods to your child's diet with these tips.

• **Shop the perimeter of the store for the freshest nutrient-rich foods** including:

- Brightly colored fruits, such as blueberries, strawberries and oranges
  - Vibrant green, red, yellow and orange vegetables like spinach, tomatoes and peppers
  - Whole grain, fortified and fiber-rich bread and pasta products
  - Fat-free or lowfat milk, cheese and yogurt
  - Lean proteins like lean beef, skinless poultry, eggs and seafood.
- For snacks, offer brightly colored fruits and vegetables, lowfat yogurt, or beef jerky.
- Make an easy parfait out of lowfat yogurt and fresh fruit for breakfast or a quick snack.



For children, **physical activity is essential to the development of strong bones and muscles.**

It promotes a positive self-image, and organized group activities encourage socialization.

Follow these tips to help your child be more physically active.

- Be a positive role model by leading an active lifestyle.
- Be supportive of your child's participation in physical activities, whether team sports or recreational activities such as inline skating, bike-riding, swimming, skateboarding, skiing, snowboarding or dancing.
- Enjoy family physical activities together – hiking, canoe trips or family walks after dinner.
- Limit your child's screen time to no more than two hours per day.

To calculate the amount of food and calories MyPyramid recommends for all your family members, go to **www.zip4twens.com** and click on the *Calculation Station*.

Sincerely,





**Dear Teacher,**

Even though food is an important part of our lives, chances are many of us, especially kids, don't really know what constitutes a nutritious diet. To give us guidance on how to choose a healthful diet, the government regularly publishes guidelines based on the latest nutrition science. In 1992, the Food Guide Pyramid was introduced to provide Americans with a recognizable graphic illustrating the number of daily servings from each food group appropriate for the average person. **In 2005, a new food guidance graphic, MyPyramid, was introduced to demonstrate the importance of an individualized approach to diet.** The government Web site, [MyPyramid.gov](http://MyPyramid.gov), gives consumers the opportunity to plan the diet that fits their individual needs.

Shortly after the introduction of MyPyramid, **the government released MyPyramid for Kids to teach children, ages 6-11, the importance of healthy food choices and daily physical activity.** We are pleased to provide this poster, including resource information and activities, to assist teachers and other youth leaders in educating children about a healthy lifestyle. The copy on the back of the poster is reproducible to support any lessons you are planning on healthy eating. A "Dear Family" letter for you to sign, a family recipe activity, and a "Tips for Families" sheet are included as "take-homes" so that the lessons you're teaching can be reinforced in the home.

We hope the activities and information we've provided will be fun and useful, and will enhance the nutrition materials you may already use. For additional information and nutrition resources, go to [MyPyramid.gov](http://MyPyramid.gov). And, to give your students an exciting way to learn about nutrition, send them to [www.zip4tweens.com](http://www.zip4tweens.com), and click on *Appetite Attack*, our new interactive game teaching kids how to eat a balanced diet from all food groups while staying within their calorie limits.

Mary K. Young, M.S., R.D.  
Executive Director, Nutrition  
National Cattlemen's Beef Association




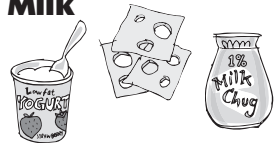
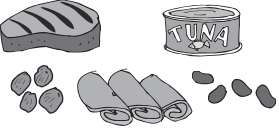



Brought to you by the Beef Checkoff Program  
through the Cattlemen's Beef Board

# MyPyramid Worksheet

Name \_\_\_\_\_

Check how you did yesterday and set a goal to aim for tomorrow.

Write in Your Choices from Yesterday	Food and Activity	Tip	Goal (Based on an 1,800 Calorie Level)	List Each Food Choice in Its Food Group	Estimate Your Total
<b>Breakfast:</b> _____ _____ _____	<b>Grains</b> 	Make at least half your grains whole.	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta)		_____ ounce equivalents
<b>Lunch:</b> _____ _____ _____	<b>Vegetables</b> 	Color your plate with all kinds of great tasting veggies.	<b>2-1/2 cups</b> (Choose from dark green, orange, starchy, dry beans and peas, or other veggies)		_____ cups
<b>Snack:</b> _____ _____ _____	<b>Fruits</b> 	Make most choices fruit, not juice.	<b>1-1/2 cups</b> (1 cup fruit or 100% fruit juice, or 1/2 cup dried fruit = 1 cup of fruit)		_____ cups
<b>Dinner:</b> _____ _____ _____	<b>Milk</b> 	Choose fat-free or lowfat most often.	<b>3 cups</b> (1 cup yogurt or 1-1/2 ounces cheese = 1 cup milk)		_____ cups
<b>Physical Activity:</b> _____ _____ _____	<b>Meat &amp; Beans</b> 	Choose lean beef or pork, skinless chicken or turkey. Vary your choices – more fish, beans, peas, nuts, and seeds.	<b>5 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry, or 1/4 cup cooked dry beans)		_____ ounce equivalents
<b>Physical Activity:</b> _____ _____ _____	<b>Physical Activity</b> 	Build more physical activity into your daily routine at home and school.	At least <b>60 minutes</b> of moderate to vigorous activity every day or most days		_____ minutes

How did you do yesterday?  Great  So-So  Not So Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_



# 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, and 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.

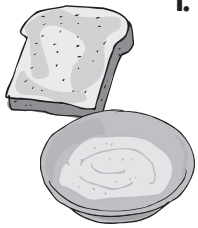
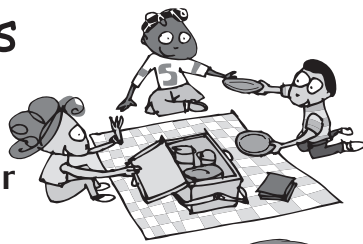
Eat lean beef and pork, skinless chicken and turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

### 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 the first ingredients. Added sugars contribute calories with few, if any, nutrients.



## Exercise

### 1. Set a good example.

Be 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](http://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 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 sports equipment.



# Family Take Home Activity

For a fun family activity, shop for and prepare this nutrient-rich meal together.

Use the chart below to determine how much from each food group is provided per serving. Then determine how much more is needed from each food group throughout the day to meet the requirements for an 1,800-calorie diet.



## ASIAN BEEF & BROCCOLI WITH NOODLES

Total preparation and cooking time: 30 minutes

- 1-1/4 pounds boneless beef top round or top sirloin steak, cut 1 inch thick
- 2 packages (3 ounces each) Oriental-flavored instant ramen noodles, broken up
- 1-1/2 teaspoons cornstarch dissolved in 1/2 cup water
- 2 tablespoons vegetable oil
- 1/2 pound broccoli florets
- 2 medium carrots, thinly sliced
- 1 teaspoon grated orange rind (optional)

1. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips.  
Combine seasoning from ramen noodles with cornstarch mixture in large bowl. Add beef; toss.
2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat until hot. Stir-fry broccoli and carrots 1 minute. Add noodles and 1-1/2 cups water; bring to a boil. Reduce heat; cover and simmer 3 to 5 minutes or until vegetables are tender and most of liquid is absorbed, stirring occasionally. Remove; keep warm.
3. Heat remaining oil in same skillet over medium-high heat until hot. Drain beef, discarding marinade. Stir-fry 1/2 of beef 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef. Serve over noodles. Sprinkle with orange rind.

Makes 4 servings.

**Serve with one cup of milk and 1/2 cup of sliced plums for a balanced meal.**

**Nutrition information per serving, using beef top round steak (including milk and fruit):** 563 calories; 14 g fat; 80 mg cholesterol; 671 mg sodium; 58 g carbohydrate; 4.9 g fiber; 52 g protein; 7.1 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.9 mcg vitamin B<sub>12</sub>; 5.2 mg iron; 40.5 mcg selenium; 6.3 mg zinc.

**Nutrition information per serving, using beef top sirloin steak (including milk and fruit):** 560 calories; 14 g fat; 65 mg cholesterol; 694 mg sodium; 58 g carbohydrate; 4.0 g fiber; 51 g protein; 10.3 mg niacin; 0.9 mg vitamin B<sub>6</sub>; 1.8 mcg vitamin B<sub>12</sub>; 4.4 mg iron; 39.8 mcg selenium; 6.4 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of fiber.

Ingredients and Sides	Amount Total Recipe*	Amount per serving (1/4)	1,800 Calorie Diet Requirement	Balance Needed Throughout the Day to Meet Requirement
Sirloin Steak	15 oz.		5 oz. Meat and Beans	
Ramen Noodles	6 oz. dry		6 oz. Grains	
Broccoli Florets	3 cups		2-1/2 cups Vegetables	
Carrots	1 cup			
Sliced plums		1/2 cup	1-1/2 cups Fruit	
Milk		1 cup	3 cups Milk	
Vegetable Oil	6 teaspoons		5 teaspoons Oil	

\*20 ounces raw meat is equivalent to 15 ounces cooked meat. 1 ounce dry pasta is equivalent to 1 ounce grains.  
1/2 pound raw broccoli is equivalent to 3 cups vegetables. 2 medium carrots is equivalent to 1 cup vegetables.  
2 tablespoons oil is equivalent to 6 teaspoons oil.

