

# FOOD PYRAMID



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## Grains

Make half your grains whole

## Vegetables

Vary your veggies

## Fruits

Focus on fruits

## Milk

Get your calcium-rich foods

## Meat & Beans

Go lean with protein

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov)

Eat 6 oz. every day:  
at least half should be whole grain

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day:  
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day

**Oil** 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 play

☆ Fats and sugars - know your limits