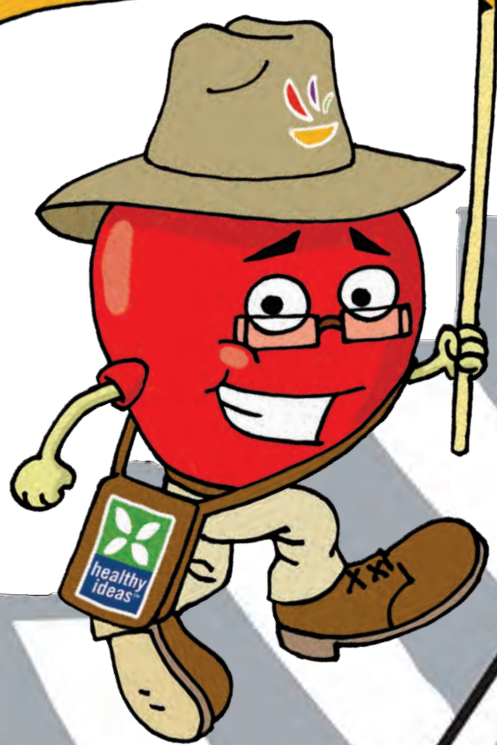
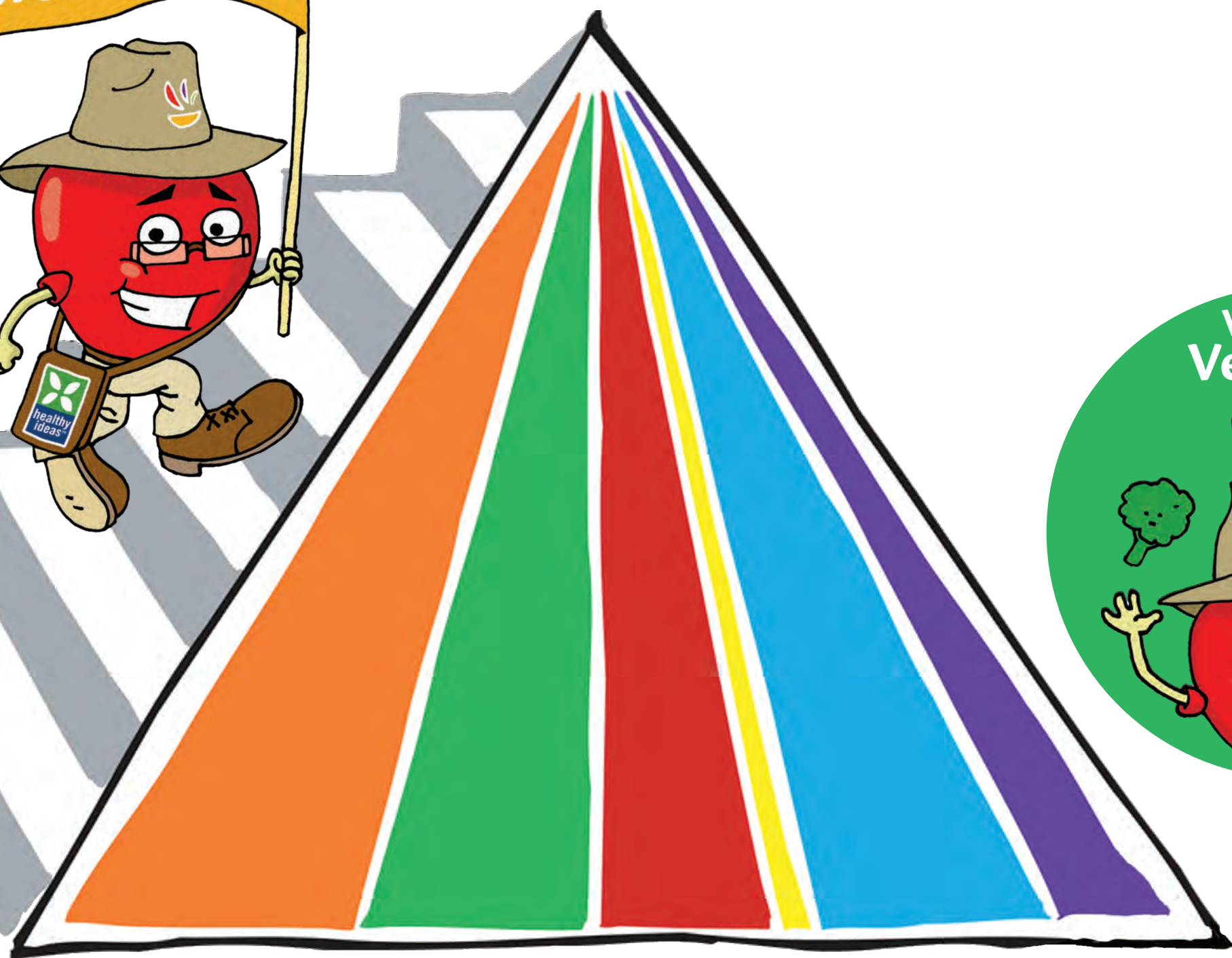


MyPyramid For Kids



Focus on
Fruits

Vary Your
Veggies



Grains

Vegetables

Fruits

Oils

Milk

Meat
& Beans

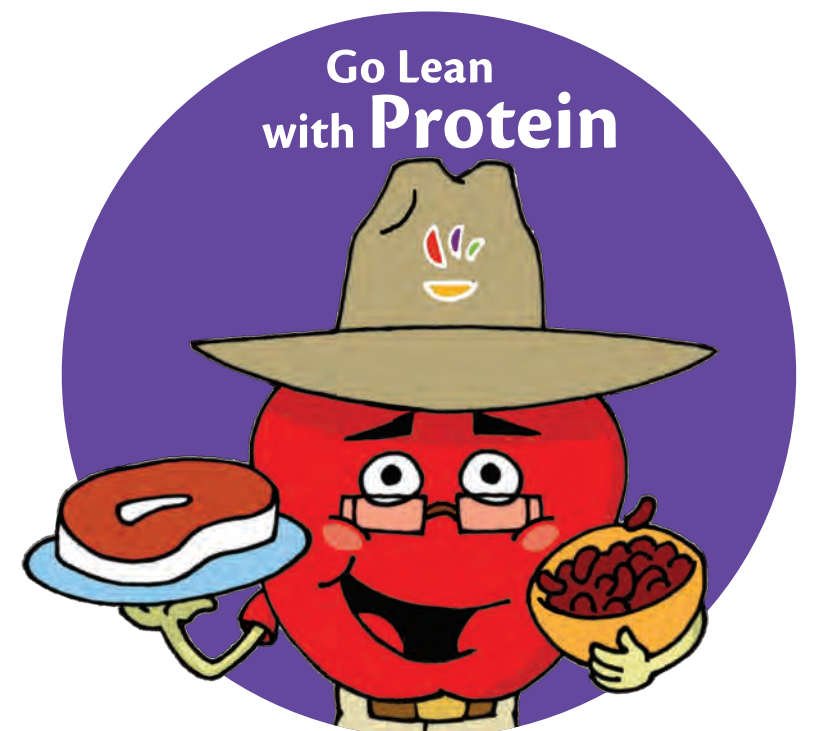


Make Half your
Grains
Whole

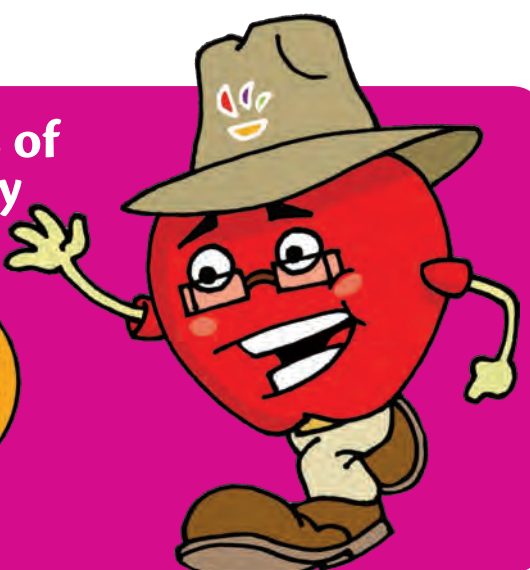
Get your
Calcium
rich foods



Go Lean
with **Protein**



Get 60 minutes of
physical activity
each day



Look for the Healthy
Ideas symbol in
Giant supermarkets



Recycle and Reuse

