MyPyramid for Preschoolers
Eat Right. Exercise. Have Fun.
MyPyramid.gov

- 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
- 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 ★ Fats and sugars — know your limits