

YOUR FOOD PYRAMID

The United States Department of Agriculture has recently made changes to the food pyramid. The new pyramid is represented vertically, signifying how the combination of all of the food groups, along with exercise, can lead to a healthier diet and lifestyle.

To learn more, including a section on the new food pyramid for kids, visit mypyramid.gov.



SOME HEALTHY TIPS



Try to make half of your grains whole grain.



Eat both raw and cooked veggies.



Cut up fruit makes great snacks



Oil is not a food group, but it is important to have some for proper dietary health.



Yogurt and cheese are great sources of calcium too.



Nuts, tofu, and eggs can also provide daily protein.