The Dietary Guidelines can help children select foods to grow, be healthy, and do well in school. Here are 10 ideas to help you follow the dietary guidelines and get lots of exercise.

1. **Fuel Up on Fruit**
   Eat a fruit for a snack or with a meal. Try orange smiles (slices), a fruit kabob, or 100% fruit juice.

2. **Vary Your Vegetables**
   Bite on beans and broccoli; crunch on carrots, corn and cauliflower.

3. **Grab Grains**
   Devour spaghetti, rice, cereal, or other grains for power.

4. **Blast Off with Breakfast**
   It doesn’t have to be boring — feast on leftovers, peanut butter and bananas on toast — Use your imagination!

5. **Map Out Lowfat Meat Meals**
   Pick out a new recipe using lean pork or beef, tofu, beans or chicken; add foods to the shopping list, or help cook.

6. **Find the Fat**
   Check out the food label to help you pick foods lower in fat.

7. **Snack Smart**
   Try a milk smoothie — blend lowfat milk or plain yogurt with fruit or juice — that’s Smart Yet Satisfying!

8. **Pick from the Pyramid**
   Total up your numbers of servings from the 5 major food groups from the Food Guide Pyramid.

9. **Try New Tastes**
   Have a new food each day. Try a new vegetable like jicama; taste yogurt, pita bread, dried apricots, turkey sausage...

10. **Move Your Muscles**
    Be more active every day. Climb stairs, walk to school, play your air guitar!
Good nutrition begins at home. It should continue at school. The Food Guide Pyramid is based on the official U.S. Government’s Dietary Guidelines for Americans. It’s designed so children and adults can learn and remember how to choose foods that promote health every day.

So study it • Practice it Show it to your kids

Tack it up • Talk it up

Give examples • Make it fun Your kids will eat it up

And they’ll grow up knowing how to make food choices for a healthy diet.

Food Guide Pyramid
A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt, & Cheese
Group
2-3 SERVINGS

Vegetable
Group
3-5 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS

Fruit
Group
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta
Group
5-11 SERVINGS

These symbols show fat and added sugars in foods.

Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

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