

TheFeltSource.com



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

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

Drink 3 cups every day;
for kids ages 2 to 4, 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