

**The New Food Guide Pyramid**  
Check out the latest nutrition and physical activity information!



**Healthy Hint #8**

**One size doesn't fit all –  
Find your balance between food and physical activity**

## Take one step at a time!

All of the recommendations below are for boys and girls between the ages of 9-13 years old  
Please visit [mypyramid.gov](http://mypyramid.gov) for more information

<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your Veggies	<b>FRUITS</b> Focus on Fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
<p>Eat whole grain cereals, bread, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots or sweet potatoes</p> <p>Eat more dry beans and peas, like pinto, or kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't drink milk, choose lactose-free products or other calcium sources such as cheese, yogurt, or calcium-fortified orange juice</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake, broil, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts and seeds</p> <p>1oz of meat is about ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter</p>
<p>Girls – 5 oz everyday Boys – 6oz everyday</p>	<p>Girls 2 cups everyday Boys 2 ½ cups everyday</p>	<p>Eat 1 ½ cups everyday</p>	<p>Get 3 cups everyday</p>	<p>Eat 5 oz everyday</p>

**Know your limits on fats, sugars and salt!**

**And remember – at least 60 minutes of physical activity everyday!**