



Find Your Balance Between Food and Physical Activity

- Be active at least 30 minutes most days of the week.
- Children should be active 60 minutes a day or most days of the week.

Where would your favorite food fit into MyPyramid?

- ✓ If you were making meat loaf, it would be from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts group.
- ✓ For apple pie, apples would be from the Fruit group and the crust would be from the Bread, Cereal, Rice and Pasta group.
- ✓ Spaghetti would be from the Bread, Cereal, Rice and Pasta group.
- ✓ For chicken enchiladas, the chicken would be from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts group; tortillas would be from the Bread, Cereal, Rice and Pasta group.