



Pyramids of Health

Use the ABCs

A Aim for fitness

- Children need 60 minutes or more daily of moderate physical activity.
- Adults need 30 minutes or more daily of moderate physical activity.
- Families that are active together improve their physical and emotional health.

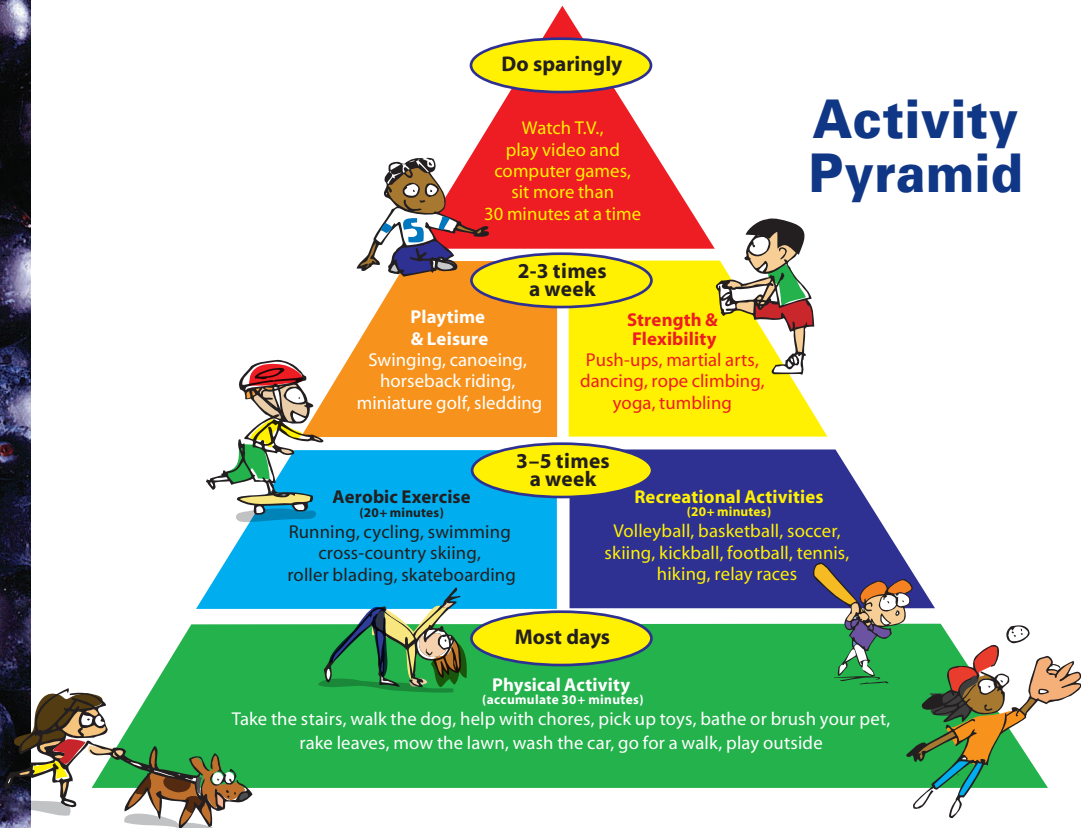
B Build a healthy base

- Use the Activity Pyramid and MyPyramid For Kids (see next page) to guide your activity and food choices.
- Both children and adults benefit from basing their daily choices on the pyramids.

C Choose sensibly

- Make half your grains whole
- Vary your veggies
- Focus on fruits
- Get your calcium-rich foods
- Go lean with protein

Activity Pyramid

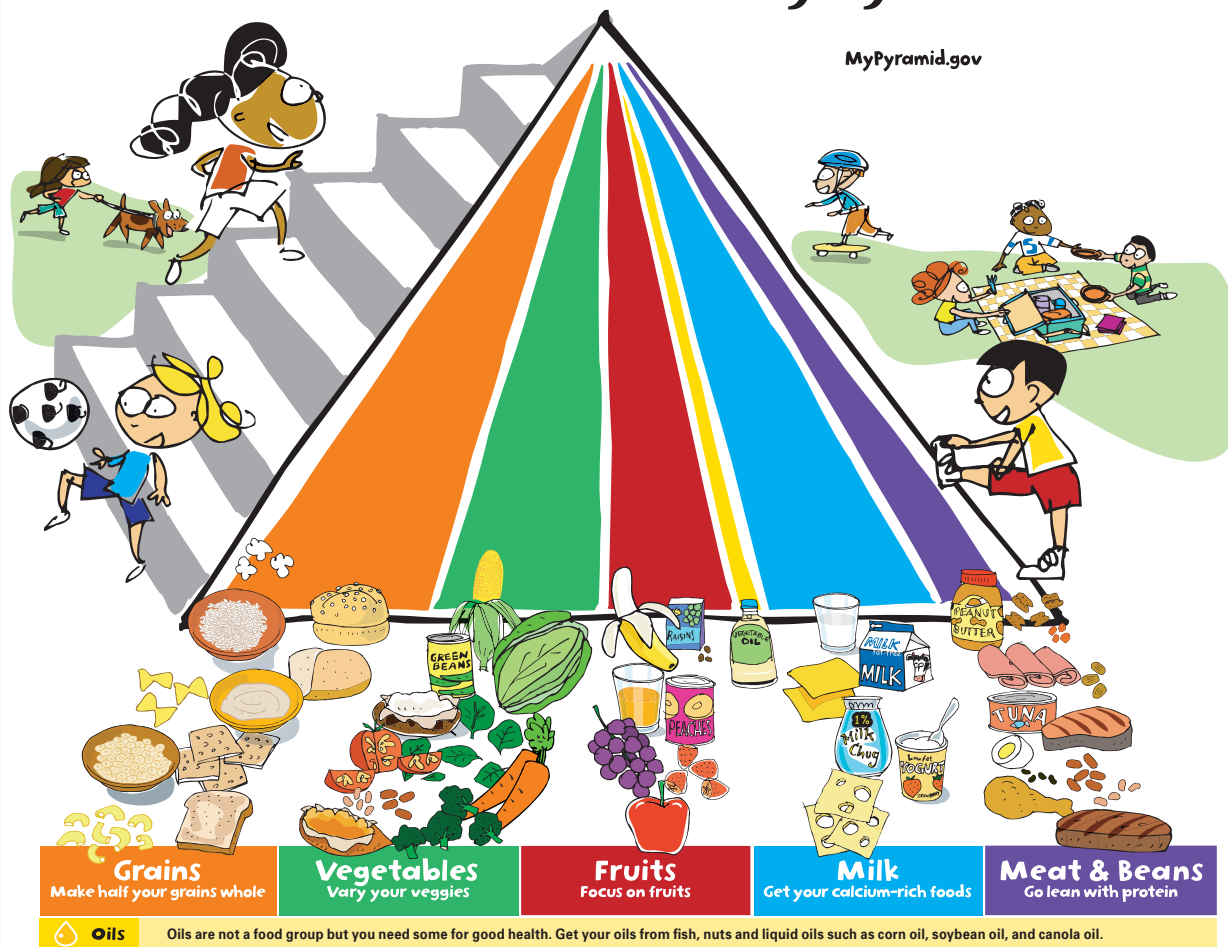


Physical activity does not have to be competitive sport, it can include:

- | | |
|-------------|------------------------|
| Bicycling | Horseback riding |
| Bowling | Hunting |
| Canoeing | Jumping rope |
| Car washing | Ping pong |
| Dancing | Rollerblading |
| Fishing | Skateboarding |
| Frisbee | Skiing (snow or water) |
| Gardening | Sledding |
| Golf | Snorkeling |
| Gymnastics | Surfing |
| Hiking | Swimming |
| Hopscotch | Swinging |
| | Tag |
| | Tennis |
| | Walking |

MyPyramid For Kids

MyPyramid.gov



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

Oils 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 fun ★ Fats and sugars — know your limits

	Grains	Veggies	Fruits	Oil	Milk	Meat & Beans
2-6 years	5 oz. equivalent	1½ cups	1½ cups	4 tsp.	2 cups	4 oz. equivalent
7-13 years	6 oz. equivalent	2½ cups	1½-2 cups	5-6 tsp.	3 cups	5-5½ oz. equivalent
14-18 years*	6-9 oz. equivalent	2½-3½ cups	2 cups	6-8 tsp.	3 cups	5½-6½ oz. equivalent

Recommended food intake is based on children who get 30 to 60 minutes of moderate activity, such as walking briskly or biking.
 *Lower end of range represents the moderately active female while the upper end of the range represents the moderately active male.

Check these resources

Iowa State University
 Extension Nutrition
www.extension.iastate.edu/nutrition/

Iowa State University
 Extension Publications
www.extension.iastate.edu/store

Lighten Up Iowa
www.lightenupiowa.org

Michigan State University
 Team Nutrition Booklist 2002
www.tn.fcs.msue.edu/booklist.html

MyPyramid for Kids
www.mypyramid.gov/kids/index.html

Prepared by Ruth Litchfield, Ph.D., R.D.,
 L.D., extension nutritionist; Diane Nelson,
 extension communication specialist; and
 Jill Koch, CedarLeaf Design.

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...and justice for all

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