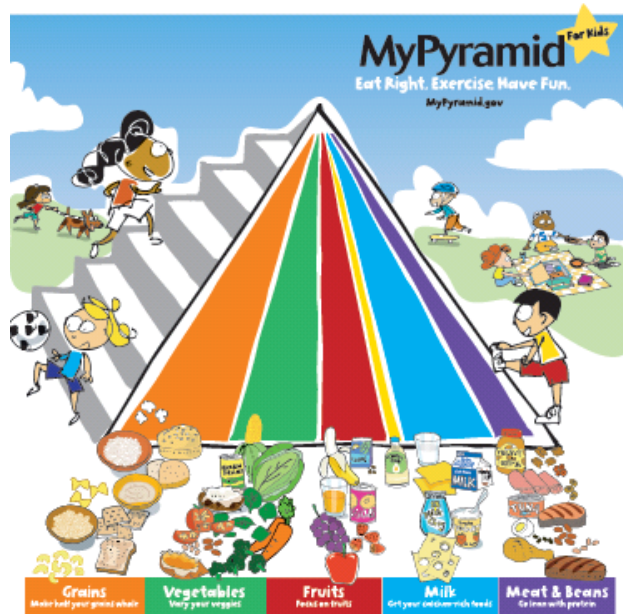


NEAT Fact Sheet

"MyPyramid"

The FGP for kids has the same basic components as the adult FGP, but is simplified and more appealing to kids.



- What does the FGP Symbolize- A personalized approach is needed for healthy eating and activity. One size does not fit all.
- The goal of the FGP- Balance calorie intake with exercise, all foods can work in moderation, choose a variety of foods to eat each day, use the size of the colored bars to assist you in having proportion from each group in your diet.
- Food groups represented- Grains, Vegetables, Fruits, Milk, Meat and Beans, and Oils and Fats.
- A new addition- Exercise is a new component of the FGP for both kids and adults; at least 30 minutes per day, 3-5 days per week for adults and at least 60 minutes per day, 3-5 days per week for kids

For more information visit www.mypyramid.gov

