Go Wild

with

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

Nutrition Education Programs
Grains – Make Half Your Grains Whole

Circle and color the whole grain foods you plan to eat.
Vegetables – Vary your Veggies!

Draw and color different vegetables that you like to eat or want to try.
Fruits – Focus on Fruits!

Draw and color fruits that you like to eat or want to try.
Fats and Sugars – Know Your Limits

Circle foods with less fats and sugars. Cross off foods with more fats and added sugar.
Milk – Get your Calcium-Rich Foods!

Circle and color the low-fat milk products you plan to drink or eat.
Meat & Beans – Go Lean with Protein!

Draw and color foods from the meat, poultry, fish, beans, eggs and nut group that you would like to eat.
Draw and color pictures of new foods you have tried and liked since participating in Go Wild with MyPyramid. Write the names by the foods (first grade.)