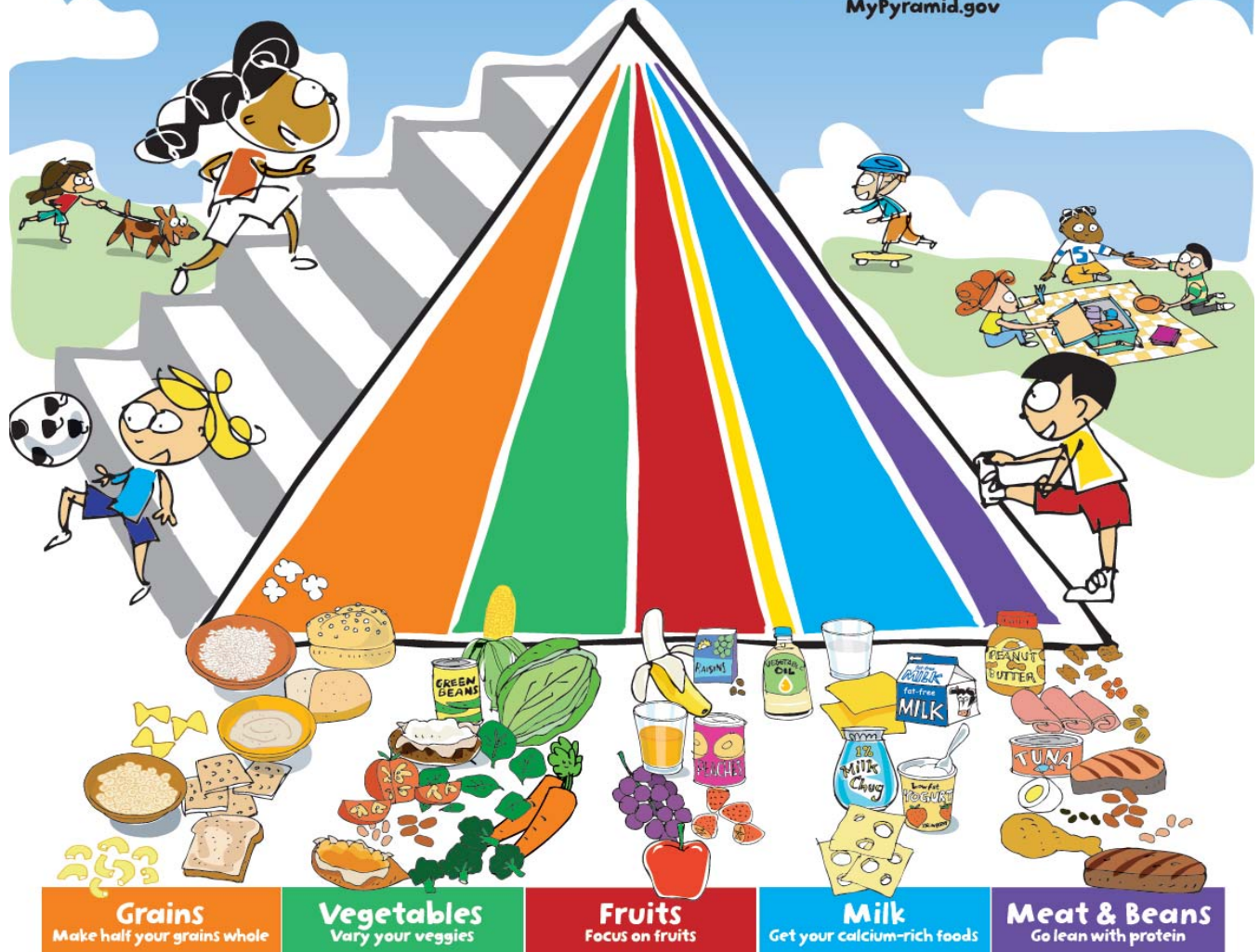


# MyPyramid For Kids

Eat Right. Exercise Have Fun.

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

## How many servings should you eat each day?

|   |    |   |   |     |   |
|---|----|---|---|-----|---|
| Children ages 2 to 6, women, some older adults (1,600 calories)     | 6  | 3 | 2 | 2-3 | 2 |
| Older children, teen girls, active women, most men (2,200 calories) | 9  | 4 | 3 | 2-3 | 2 |
| Teen boys and active men (2,800 calories)                           | 11 | 5 | 4 | 2-3 | 3 |



## ¿Cuántas porciones debo comer cada día?

|  |    |   |   |     |   |
|--|----|---|---|-----|---|
| Niños 2-6 años, las mujeres, algunos adultos mayores (1,600 calorías)                              | 6  | 3 | 2 | 2-3 | 2 |
| Los niños mayores, niñas adolescentes, mujeres activas, la mayoría de los hombres (2,200 calorías) | 9  | 4 | 3 | 2-3 | 2 |
| Los muchachos adolescentes y hombres activos (2,800 calorías)                                      | 11 | 5 | 4 | 2-3 | 3 |