**Grains**
Make half your grains whole
- Start smart with breakfast. Look for whole-grain cereals.
- Just because bread is brown doesn’t mean it’s whole-grain. Search the ingredients list to make sure the first word is “whole” like “whole wheat.”

**Vegetables**
Vary your veggies
- Color your plate with all kinds of great-tasting veggies.
- What’s green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

**Fruits**
Focus on fruits
- Fruits are nature’s treats – sweet and delicious. Go easy on juice and make sure it’s 100%.

**Milk**
Get your calcium-rich foods
- Move to the milk group to get your calcium. Calcium builds strong bones.
- Look at the carton or container to make sure your milk, yogurt, or cheese is low-fat or fat-free.

**Meat & Beans**
Go lean with protein
- Eat lean or low-fat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.
- It’s juicy, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

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For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov

<table>
<thead>
<tr>
<th>Foods</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>Eat 6 oz. every day; at least half should be whole</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Eat 2 ½ cups every day</td>
</tr>
<tr>
<td>Fruits</td>
<td>Eat 1 ½ cups every day</td>
</tr>
<tr>
<td>Milk</td>
<td>Get 3 cups every day: for kids ages 2 to 8, it’s 2 cups</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>Eat 5 oz. every day</td>
</tr>
</tbody>
</table>

**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**
- Move more: Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

**Fats and sugars — know your limits**
- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.