

# My Food Pyramid

## Exercise

Be active at least 60 minutes most days. Adults need at least 30 minutes.



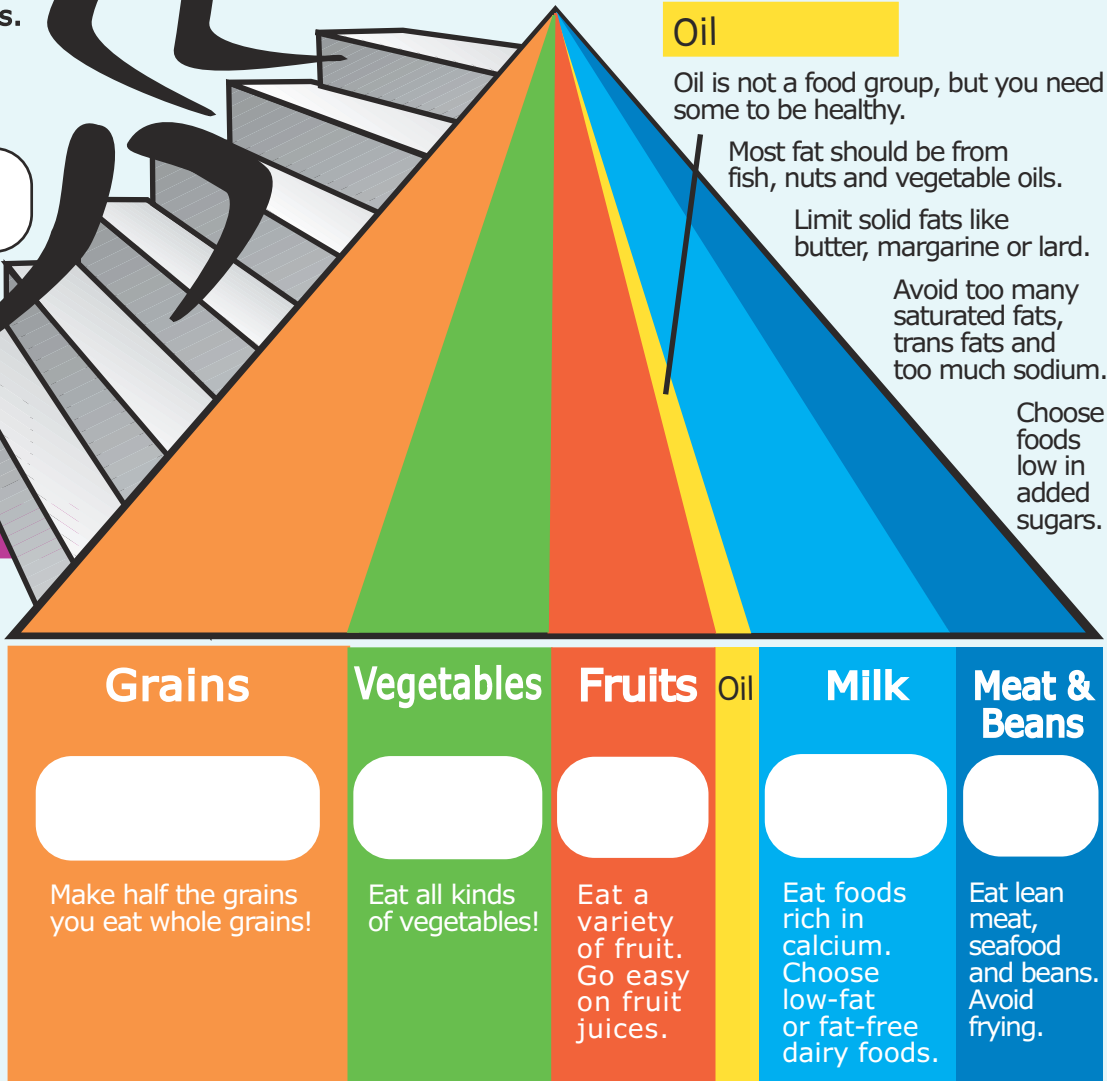
To find the Daily Amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov) and click on "MyPyramid Plan." Write your amounts in the boxes below the pyramid.



## Water

Drink plenty of water every day.

## My Daily Amounts



A Close Look at MyPyramid  
A step-by-step explanation of the key concepts of the MyPyramid for Kids symbol. [PDF]

MyPyramid Worksheet  
Worksheet to help you track how your food choices match up to the recommendations of MyPyramid. Print out this helpful meal tracking worksheet and set a food and activity goal for tomorrow. [PDF]

MyPyramid Blast Off Game  
An interactive computer game where you can reach Planet Power by fueling your rocket with food and physical activity. "Fuel" tanks for each food group help you keep track of how your choices fit into MyPyramid.



[www.mypyramid.gov/KIDS/](http://www.mypyramid.gov/KIDS/)