

A Note to Parents

Balancing the foods you eat with physical activity will help you and your child maintain or improve your weight. Teaching a child how to eat a balanced diet now will help them for the rest of their life.

The Dietary Guidelines for Americans suggest choosing a varied diet

1 with plenty of grain products, vegetables, and fruits

1 low in fat, saturated fat, and cholesterol

1 moderate in sugars

1 moderate in salt and sodium

The following USDA Food Guide Pyramid guidelines can help you serve balanced meals to your whole family. The Pyramid is an outline of what to eat each day. It's not a rigid prescription but a general guide that lets you and your child choose a healthful diet. The Pyramid calls for eating a variety of foods to get the nutrients needed and at the same time the right amount of calories to maintain a healthy weight.

