

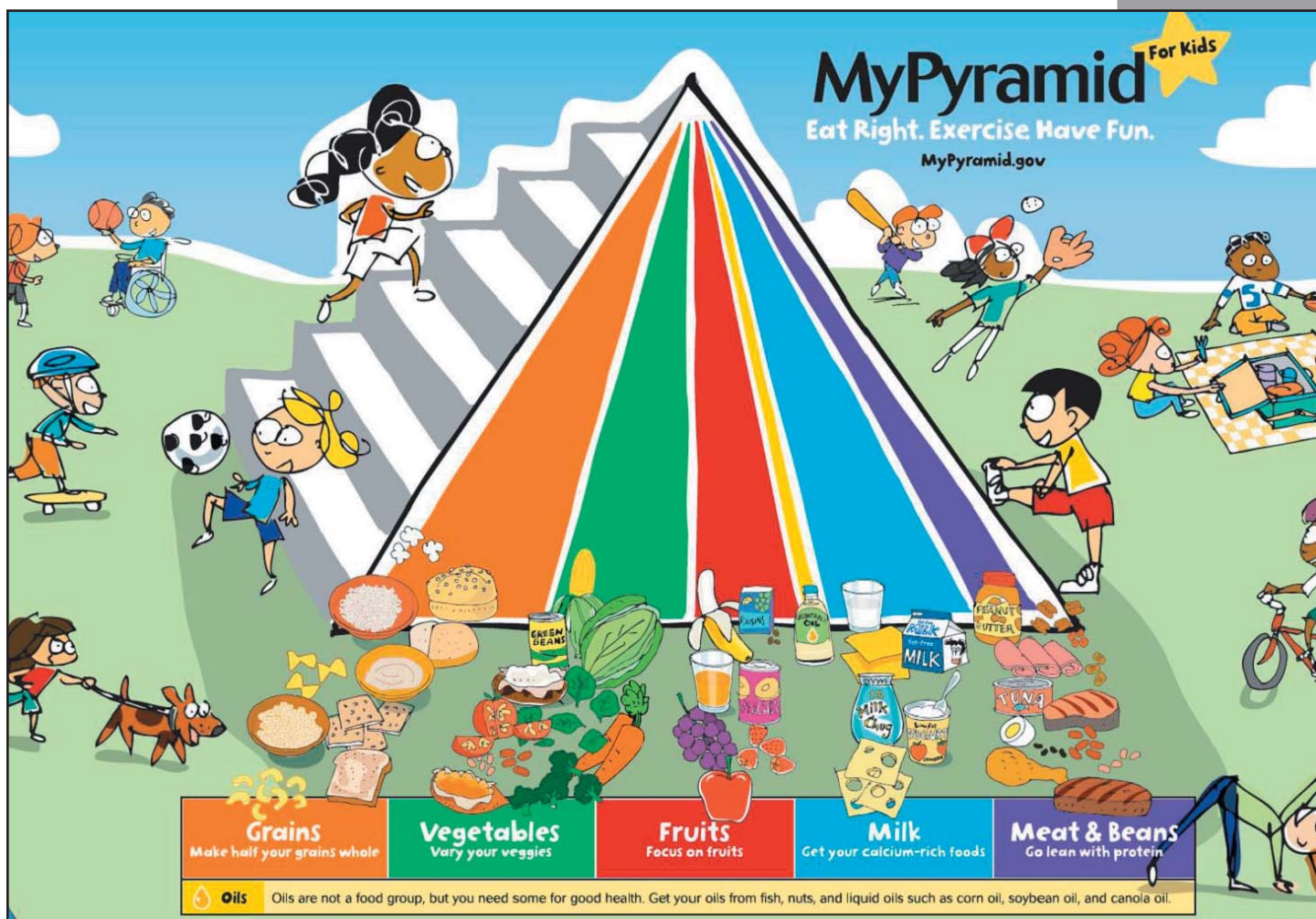


Hey Kids! Here are ways you can eat right!

Did you know there is an easy way to decide what you should eat? It's called the "My Pyramid Plan" and it can help you choose foods that are right for you. It also tells you how much food you should eat.

The "My Pyramid" suggests you:

- ✓ **Make half your grains whole.** Eat breads and cereals that say "whole grain" on the label, such as "whole grain cereal" or "whole grain bread."
- ✓ **Vary your veggies.** At lunch, make a salad at the school salad bar with dark green vegetables and after school, grab a handful of carrots.
- ✓ **Focus on fruits.** Add sliced bananas, strawberries or blueberries to your morning cereal.
- ✓ **Get your calcium rich foods.** Choose fat-free or low-fat milk, yogurt, and cheese.
- ✓ **Go lean with protein.** Grab a handful of unsalted nuts like (almonds or walnuts) and choose lean or low-fat meat, poultry, and beans.



Turn to the next page for other tips.

Here are some other tips to help you eat right:

- ✓ **Limit fats and sweets.** Try applesauce, a fruit salad or low-fat frozen yogurt instead of ice cream, cookies or candy.
- ✓ **Learn to cook foods that are healthy, fun, and tasty.** Ask a family member or a friend to teach you how to cook.
- ✓ **Drink healthy drinks.** Cut down on “empty calories” and sugar in soda pop by switching to flavored seltzers or water.
- ✓ **Check out the “For Kids” page on www.mypyramid.gov for games and healthy eating tips for your whole family.**

Call 1-888-545-1710 to speak to a nurse 24- hours a day.

Disclaimer: Information or education provided in this fact sheet is not intended to replace medical advice from your healthcare provider. The information provided on this fact sheet is not all-inclusive of this topic.

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. **Healthy Together!** also provides Equality-Care clients with information on weight loss, smoking cessation and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.