# MyPyramid for Preschoolers

**Eat Right. Exercise. Have Fun.**

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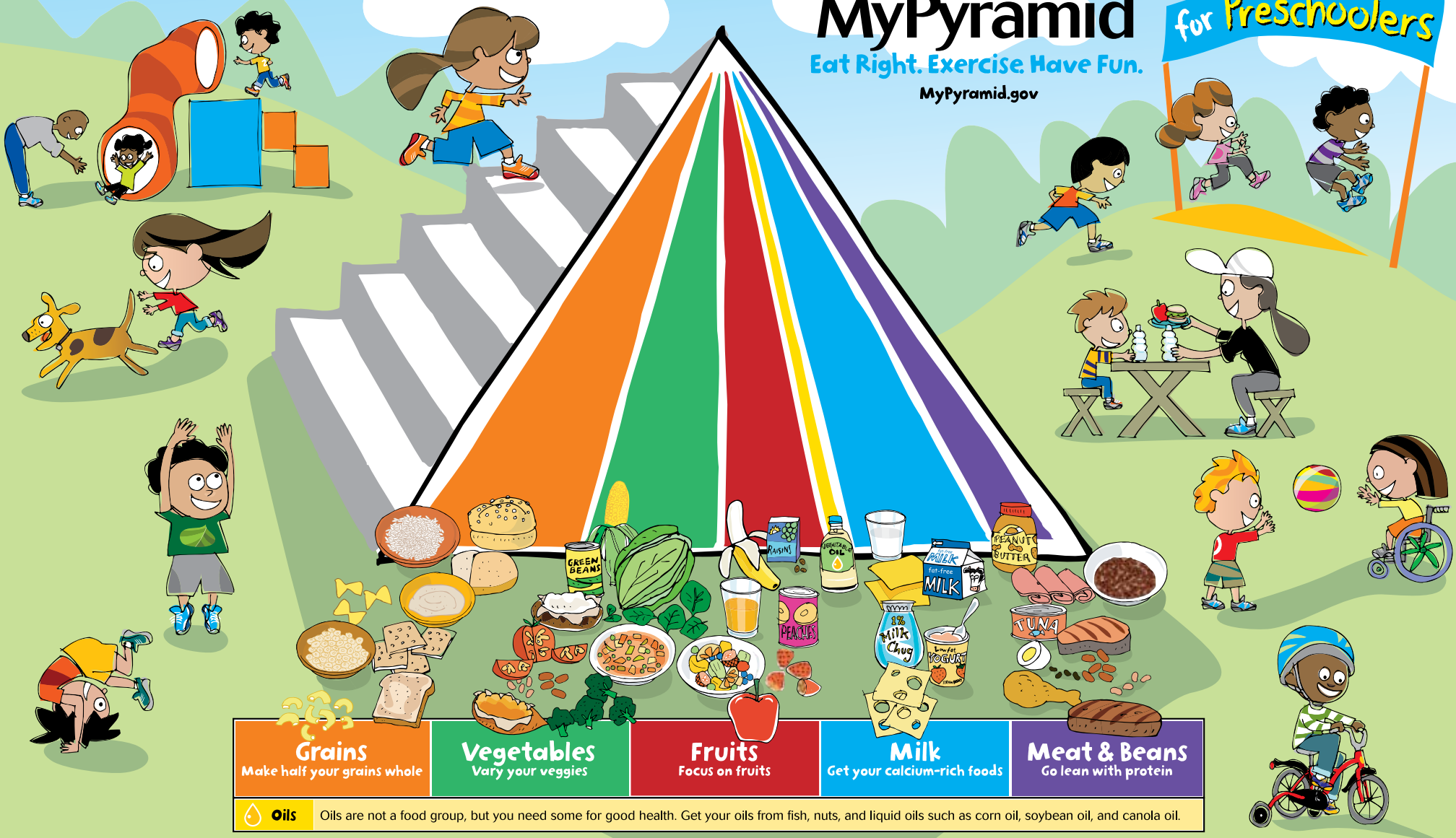


| Grains | Vegetables | Fruits | Milk | Meat & Beans |
|---|---|---|---|---|
| Make half your grains whole | Vary your veggies | Focus on fruits | Get your calcium-rich foods | Go lean with protein |

**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** ★ **Fats and sugars — know your limits**

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STEPS TO A HEALTHIER YOU

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# Pointers to Help Your Preschooler Develop Healthy Habits

## They Take Their Lead From You. Make Healthy Choices and Your Kids Will Too.

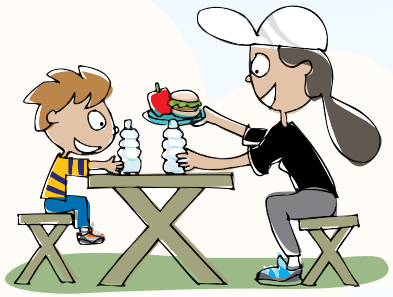
**Eat together whenever possible.** Let your kids see you enjoying fruits, vegetables, and whole grains at meals and snacks at home and on the go.

**Cook together.** Kids love helping in the kitchen. They'll learn skills they'll use for life.

## Help Them Try New Foods.

**Sometimes new foods take time.** Kids don't always take to new foods right away. Offer new foods many times. Give them a small taste at first and be patient with them.

**Offer only one new food at a time.** Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.



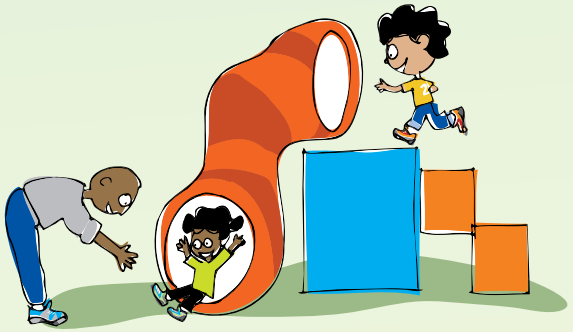
## Picky Eating is Temporary.

**Patience works better than pressure.** Let your child choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice.

**Offer choices.** Rather than ask "Do you want broccoli for dinner?" ask "Which would you like for dinner: broccoli or cauliflower?"

## Play Actively Everyday.

**Make play time a family time.** Make physical activity fun for the whole family. It includes anything that gets your child moving both inside and outside the house. Walk, run, and play with your child rather than sitting on the sidelines.

**Focus on fun not performance.** Not all children are athletes. But all can make activity a lifetime habit.

**For more great pointers on these and other subjects go to: mypyramid.gov/preschoolers/**