

30 Sept 2005

Eat Right. Exercise. Have Fun.

The first food pyramid aimed specifically at 6- to 11-year-old children was released this week by the U.S. Department of Agriculture (USDA).

The key messages of MyPyramid for Kids are: be physically active every day; choose healthier foods from each group; eat foods from each food group every day; make the right choices for you; and take it one step at a time.

MyPyramid for Kids comes on the heels of USDAs revised food pyramid for adults, which was launched earlier this year. Log on to www.mypyramid.gov for all the details.