

# HARVARD

## MyPyramid for Preschoolers

### MyPyramid

Eat Right. Exercise Have Fun.

USE SPARINGLY:  
RED MEAT & BUTTER  
REFINED GRAINS: WHITE RICE, BREAD & PASTA  
POTATOES  
SUGARY DRINKS & SWEETS  
SALT



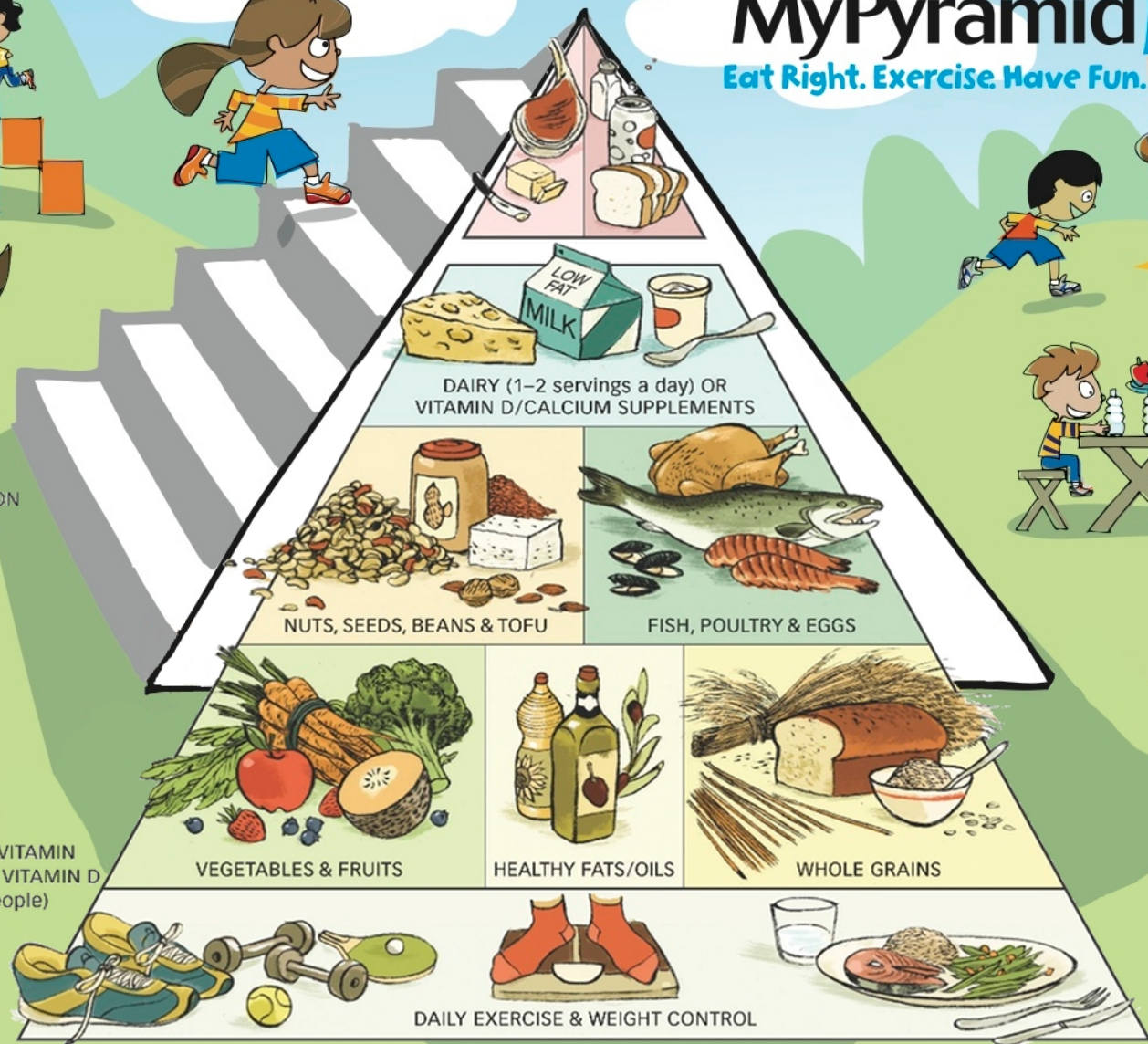
OPTIONAL: ALCOHOL IN MODERATION  
(Not for everyone)



DAILY MULTIVITAMIN PLUS EXTRA VITAMIN D  
(For most people)



HEALTHY FATS/OILS:  
OLIVE, CANOLA, SOY, CORN,  
SUNFLOWER, PEANUT  
& OTHER VEGETABLE OILS;  
TRANS-FREE MARGARINE



WHOLE GRAINS:  
BROWN RICE,  
WHOLE WHEAT PASTA,  
OATS, ETC.

For more information about the Healthy Eating Pyramid:  
[WWW.THE NUTRITION SOURCE .ORG](http://WWW.THE NUTRITION SOURCE .ORG)