



EXPLORING THE SECRETS OF "MY PYRAMID"

**Q:** How can I possibly eat **FIVE SERVINGS** of vegetables every day?!

**A:** It's true - the Food Guide Pyramid DOES recommend that kids ages 6-11 eat at least 5 servings of veggies every day. That seems like a lot! But a serving of most veggies is just a half cup (a serving of leafy greens is a cup). That's really not very much at all. Don't believe us? Just take a look at the measuring cups in your kitchen drawer! Here are some examples of what counts as a serving of vegetables:

6 or 7 baby carrots



Half of a large ear of corn



Half a dozen red pepper strips



2 leaves of romaine lettuce in a salad or on a burger or sandwich



A handful of broccoli florets



See? It's easy! A few grape tomatoes and carrots, a little salsa, a BLT sandwich, half a baked potato and some green beans with dinner, and you're there already!

LEARN MORE AT [WWW.MYPYRAMID.GOV](http://WWW.MYPYRAMID.GOV) OR [WWW.KIDSHEALTH.ORG/KID/STAY\\_HEALTHY/](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/)

Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21
<p><b>Breakfast</b> Cereal Juice Milk</p>	<p><b>Breakfast</b> Pancake Wrap Juice Milk</p>	<p><b>Breakfast</b> Breakfast Burrito Juice Milk</p>	<p><b>Breakfast</b> French Toast Juice Milk</p>
Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28
<p><b>Breakfast</b> Cereal Juice Milk</p>	<p><b>Breakfast</b> Pancake Wrap Juice Milk</p>	<p><b>Breakfast</b> Breakfast Burrito Juice Milk</p>	<p><b>Breakfast</b> French Toast Juice Milk</p>



April 2011 is Global Child Nutrition Month.

Hunger affects children around the globe *and* here in the U.S. You can help. To learn more visit

[www.gcnf.org](http://www.gcnf.org)



Try to get in the habit of checking the labels on convenience foods marketed to kids. One dinner from a popular brand (containing chicken nuggets, mac and cheese, corn, and a dessert) derives 43% of its calories from fat. Numbers like that might be OK once in awhile, but not for a steady diet.

A TASTY MORSEL FOR PARENTS