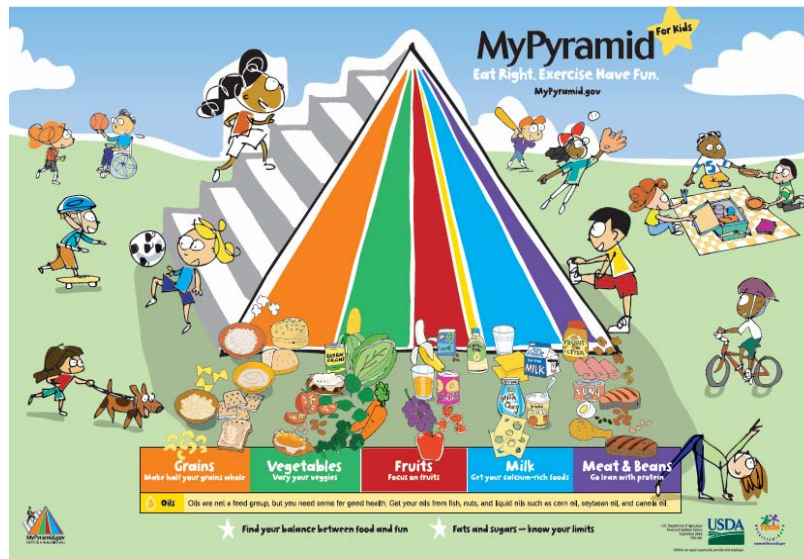


# THE FOOD GUIDE PYRAMID FOR KIDS



The USDA created this form of the Food Guide Pyramid in 2005. They later released a kid's version that taught them how to be healthy Americans. The steps on the side represent the importance of exercise/activity everyday and are also a reminder that you can make changes one step at a time to be healthier. For more information go to [www.mypyramid.gov](http://www.mypyramid.gov).

## ***SERVINGS DEPEND ON AGE (TYPICALLY 4-13 YEARS)***

**GRAINS: 4-6 OZ. PER DAY (TRY TO EAT WHOLE GRAIN)** (AN OUNCE EQUATS SERVING SIZE: 1 PIECE OF BREAD, ½ CUP OF RICE/PASTA, ½ CUP OF COOKED CEREAL, 1 CUP OF COLD CEREAL)

**VEGETABLES: 1 ½ -2 ½ CUPS PER DAY**  
(ESPECIALLY DARK GREEN AND ORANGE ONES; RAW OR COOKED)

**FRUITS/JUICE: 1-1 ½ CUPS PER DAY**  
(MAKE SURE JUICE IS 100%)

**MILK/CALCIUM-RICH FOODS: 1-3 CUPS PER DAY**  
(YOGURT, CHEESE, CALCIUM-FORTIFIED ORANGE JUICE)

**MEATS, BEANS, FISH, NUTS: 3-5 OUNCES PER DAY**  
(AN OUNCE EQUATS SERVING SIZE: 1 OUNCE OF MEAT, FISH, OR POULTRY, ¼ CUP COOKED DRIED BEANS, 1 EGG, 1 TABLESPOON OF PEANUT BUTTER, SMALL HANDFUL OF NUTS)

# YUMMY IN MY TUMMY RECIPES

## TINY PIZZAS

PREP TIME: ABOUT 15 MINUTES

### INGREDIENTS:

- 🍷 1 STANDARD-SIZED BAGEL, CUT IN HALF (WHOLE WHEAT)
- 🍷 TOMATO SAUCE
- 🍷 SHREDDED MOZARELLA CHEESE
- 🍷 TOPPINGS: WHATEVER YOU LIKE (DICED GREEN PEPPER, CHOPPED ONION OR TOMATOES, MUSHROOMS, OLIVES)
- 🍷 SEASONINGS: OREGANO, BASIL, PEPPER

### UTENSILS:

- 🍷 OVEN (PARENTAL ASSISTANCE NEEDED)
- 🍷 KNIFE/SPOON
- 🍷 BAKING SHEET

### DIRECTIONS:

1. SET OVEN TO LOW HEAT
2. SPREAD TOMATO SAUCE ON EACH BAGEL HALF
3. SPRINKLE CHEESE ALL OVER TOMATO SAUCE
4. ADD YOUR FAVORITE TOPPINGS
5. PUT A LIGHT SPRINKLING OF SEASONINGS ON EACH HALF
6. PLACE BAGEL HALVES ON BAKING SHEET
7. BAKE ON LOW HEAT FOR ABOUT 5-8 MINUTES (DONE WHEN CHEESE IS BUBBLY)
8. LET COOL
9. ENJOY YOUR TINY PIZZAS!

SERVES: 1

SERVING SIZE: 2 TINY PIZZAS

### NUTRITIONAL ANALYSIS (PER SERVING):

210 CALORIES  
9 g PROTEIN

4 g FAT  
34 g CARBOHYDRATES  
2 g FIBER  
11 mg CHOLESTEROL  
633 mg SODIUM  
144 mg CALCIUM  
1.9 mg IRON



*NOTE: NUTRITIONAL ANALYSIS MAY VARY DEPENDING ON INGREDIENTS USED*

# Fluid Intake for Kids

Dehydration-loss of water and salts from the body

The body loses fluid many ways:

1. sweat
2. vomit/diarrhea
3. urinating
4. breathing

The body needs fluid and electrolytes to maintain blood flow through the body for it to function properly.

To prevent dehydration, you should drink fluids before, during, and after exercise or activity.

## **Fluid Intake Ages 6-12**

Before Activity:

- ✓ 1-2 hours before activity, drink 4-8 oz. of cold water
- ✓ 10-15 minutes before activity, drink 4-8 oz. of cold water

During Activity:

- ✓ Every 20 minutes: drink 5-9 oz. of sports drink depending on weight

After Activity: aim to correct any fluid loss during exercise

- ✓ Within 2 hours: drink at least 24 oz. of a sports drink for every pound of weight lost

## **Fluid Intake Ages 13-18**

Before Activity:

- ✓ 1-2 hours before activity, drink 8-16 oz. of cold water
- ✓ 10-15 minutes before activity, drink 8-12 oz. of cold water

During Activity:

- ✓ Every 20 minutes: drink between 5-10 oz. of a sports drink depending on weight

After Activity: aim to correct any fluid loss during exercise

- ✓ Within 2 hours: drink at least 24 oz. of a sports drink for every pound of weight lost