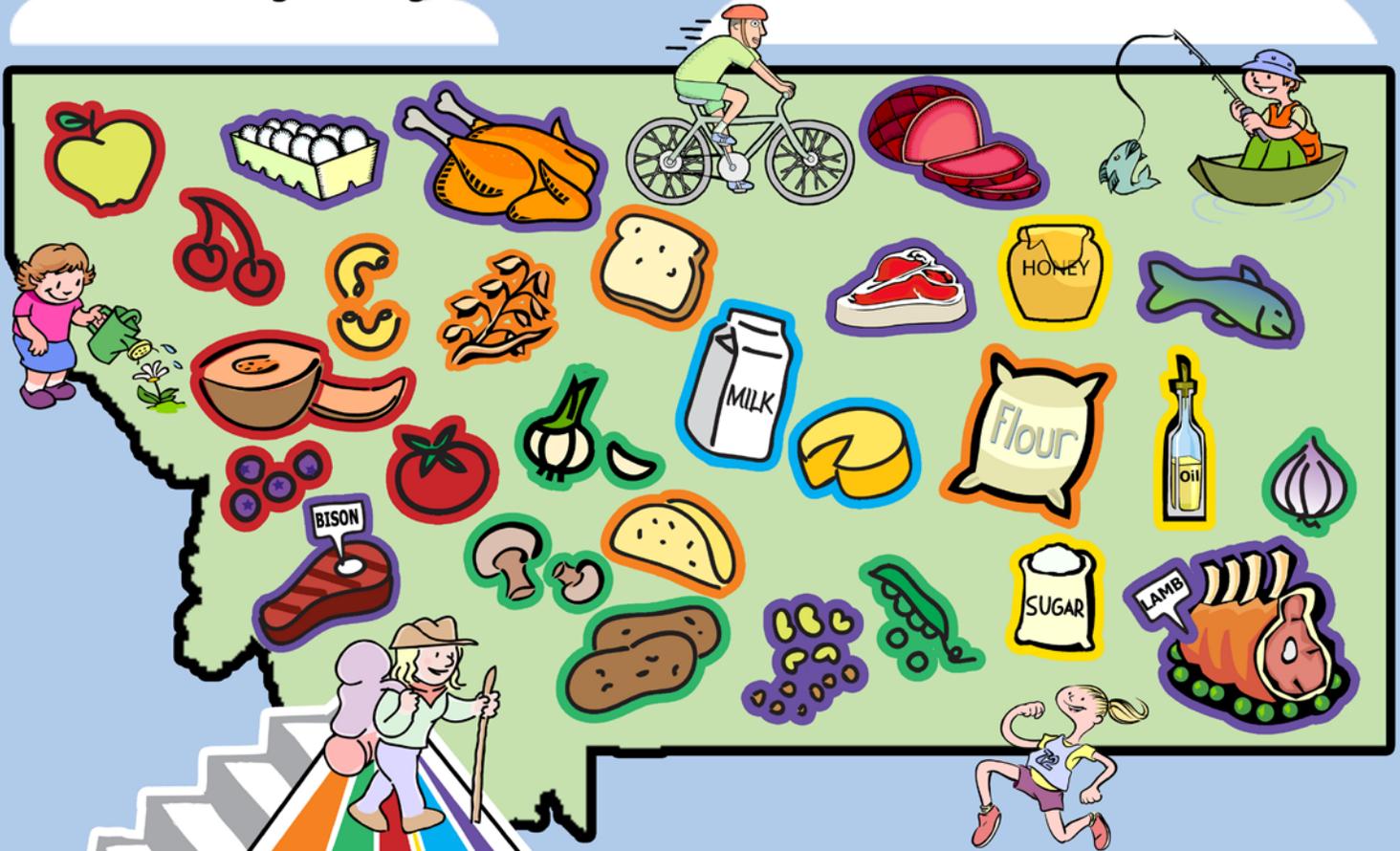


MmmMmm Montana

Try some of the delicious food that is grown right here in Montana!



You can follow USDA's MyPyramid just by eating what Montana grows!
Check out the chart below.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes every day, or most days.
- Montana offers all kinds of activities to get you moving - skiing, hiking, running, fishing, kayaking, and lots more!

MyPyramid

Eat Right. Exercise. Have Fun.

MyPyramid.gov

Grains Vegetables Fruits Oil Milk Meat & Beans

Grains

Make half your grains whole

Barley
Bread
Flax
Kamut
Oats
Wheat

Vegetables

Vary your veggies

Asparagus Herbs Peppers
Broccoli Kale Potatoes
Carrots Lettuce Spinach
Corn Mushrooms Sprouts
Cucumbers Onions Squash
Garlic Parsley

Fruits

Focus on fruits

Apples Pears
Cantaloupe Pumpkins
Cherries Raspberries
Chokecherries Strawberries
Huckleberries Tomatoes
Peaches

Milk

Get calcium-rich foods

Cheese
Goat Cheese
Ice Cream
Milk
Yogurt

Meat & Beans

Go lean with protein

Antelope Eggs Garbanzo
Beef Fish Beans
Bison Goat Lentils
Chicken Lamb Peas
Deer Pork Pinto
Duck Turkey Beans

For a 9-11 year-old child, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups daily

Eat 6 oz. every day

In Moderation

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as canola and safflower oils. Added sugars, including beet sugar and honey, are also not a food group but can be enjoyed in moderation.

