



STEPS TO A HEALTHIER YOU

MyPyramid.gov	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

KSTATE
Kansas State University

This material was funded by USDA's Food Stamp Program through a contract with Kansas Department of Social and Rehabilitation Services. This program provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

How many did you eat today?	How many did you eat today?	How many did you eat today?	How many did you eat today?	How many did you eat today?	How many did you eat today?	How many did you eat today?
Grains _____	Grains _____	Grains _____	Grains _____	Grains _____	Grains _____	Grains _____
Fruit _____	Fruit _____	Fruit _____	Fruit _____	Fruit _____	Fruit _____	Fruit _____
Vegetable _____	Vegetable _____	Vegetable _____	Vegetable _____	Vegetable _____	Vegetable _____	Vegetable _____
Meat _____	Meat _____	Meat _____	Meat _____	Meat _____	Meat _____	Meat _____
Milk _____	Milk _____	Milk _____	Milk _____	Milk _____	Milk _____	Milk _____

Physical Activity