



## Try something new!

It's fun to try new things! Pick out a new fruit or veggie at the store.



## All forms count!

Fresh, frozen, canned, dried and 100% juice all matter. How many forms does your favorite fruit or veggie come in?



## Snack smart!

Fruits and veggies make tasty, healthy snacks. What is your favorite?



## Take charge!

Choose fruits and veggies! Ask for them at meals and snacks.



## Explore MyPyramid!

Visit [www.mypyramid.gov](http://www.mypyramid.gov) or [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) for cool games, activities and ideas for a healthy lifestyle.

