



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
NUTRITION EDUCATION PROGRAMS

# MyPyramid



Dear Parent,

Today your child learned about **MyPyramid**. **MyPyramid.gov** can teach us how to eat healthy. Be a good role model by eating a healthy diet and serving your child healthful foods. To learn more on how you can do this, go to <http://www.mypyramid.gov>. If you have questions, contact your local Extension office:



## **MyPyramid.gov** web site has information that will help you:

- eat foods from all food groups: grains; vegetables; fruits; milk, yogurt and cheese; and meat, poultry, fish, dry beans, eggs and nuts.
- eat more fruits, vegetables, whole grains, fat-free or low-fat milk products.
- eat less of foods high in saturated or *trans* fats, cholesterol, added sugars, and salt (sodium).
- be physically active every day and balance this with your intake of calories so you do not gain weight.

## ***You and your child can have fun making this tasty Tortilla Fruit Roll-Up together:***

### **Tortilla Fruit Roll-Up** Serves 1

1 flour tortilla, white or whole wheat  
1/4 cup non-dairy whipped topping

1/2 cup assorted fruit, cut into pieces  
Ground cinnamon (optional)

1. Place tortilla on a plate or flat surface.
2. Spread whipped topping evenly onto tortilla.
3. Arrange fruit on topping. Lightly sprinkle with cinnamon.
4. Roll or fold tortilla.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 6 g ~ calories from fat 50 ~ sodium 200 mg  
~ total carbohydrate 32 g ~ fiber 3 g

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