

To Diet or Not To Diet?

When it comes to thinking about weight here is the path to follow. Eat a variety of foods! Become familiar with the new Food Pyramid. The Food Pyramid shows all of us the path to healthy eating habits.

Go to the Website and browse around.

www.mypramid.gov This may seem corny at first but the website has all the information you need to have a balanced healthy lifestyle. It has an interactive link to "track" eating habits and physical activity levels. It offers games, health advice and much, much more.



It's all about choice,
find your own healthy voice.
Choose the colorful food path
and soon you will laugh
At the worries you had of weight
You'll eat naturally and not hesitate.