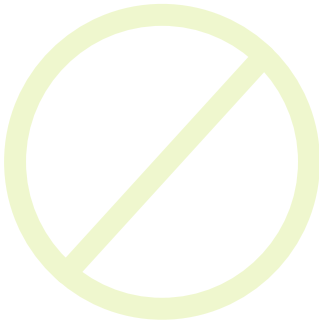


Name: _____ Date: _____

Food Pyramid

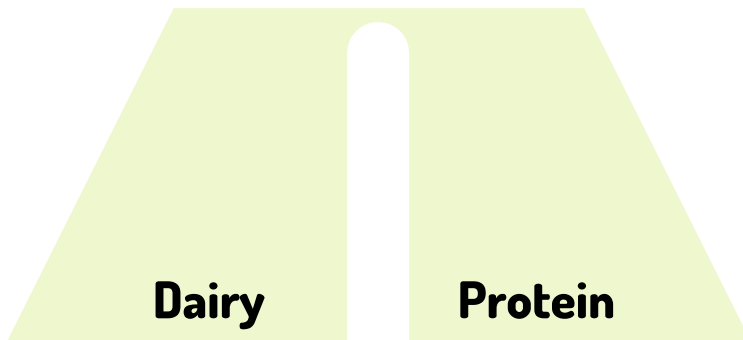
Write examples of each food category in the sections below:



Limit salt & sugar

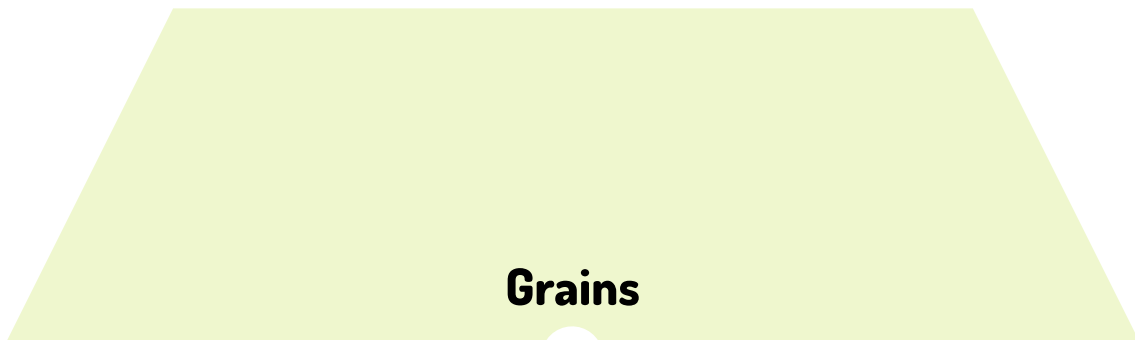


Healthy fats



Dairy

Protein



Grains

Vegetables

Fruits