

The Pyramid

FOODS TO LIMIT OR AVOID

Use your knowledge of the pyramid to identify foods that should be eaten in moderation and those that should be avoided. But don't forget to eat plenty of grains, fruits, vegetables, and dairy for a healthy diet. The pyramid does not mean you should eat a lot of food or eat a lot of fat, sugar, or sodium. It just shows you how to eat a healthy diet.

All the different foods are divided into six groups. The top group is called the "fat group." It includes fats and oils. The second group is called the "meat group." It includes meat, poultry, fish, and eggs. The third group is called the "dairy group." It includes milk, cheese, and yogurt. The fourth group is called the "vegetable group." It includes all kinds of vegetables. The fifth group is called the "fruit group." It includes all kinds of fruit. The sixth group is called the "grain group." It includes all kinds of grains. The pyramid shows you how to eat a healthy diet by eating a lot of grains, fruits, and vegetables, and a little bit of meat, dairy, and fats. The pyramid also shows you how to eat a healthy diet by eating a lot of grains, fruits, and vegetables, and a little bit of meat, dairy, and fats.

