

# 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 worry, eating in moderation doesn't mean you can't eat anything you like. The pyramid just means you should eat a variety of foods and eat different kinds of things often. The higher up the pyramid, the more you should eat.

All the different foods are divided into six groups. The ones at the bottom are called the grain group. It provides the energy you need to get going. The ones at the top are called the fat, oil, and sweets group. These groups include things like butter, margarine, and candy. They provide energy and are also called the fat, oil, and sweets group. They provide energy and are also called the fat, oil, and sweets group. They provide energy and are also called the fat, oil, and sweets group. They provide energy and are also called the fat, oil, and sweets group.

