

# The Pyramid

## FOODS TO EAT FREQUENTLY

The foods listed in this pyramid are the vegetables, fruits, dairy products, and grains that you should eat most often. And these are the foods that are most important for your health. They are the foods that you should eat most often. They are the foods that you should eat most often.

All the foods in this pyramid are made from natural sources. They are called the grains group. It includes bread, pasta, rice, and other grains. The foods in the pyramid are the foods that you should eat most often. They are the foods that you should eat most often. They are the foods that you should eat most often.

