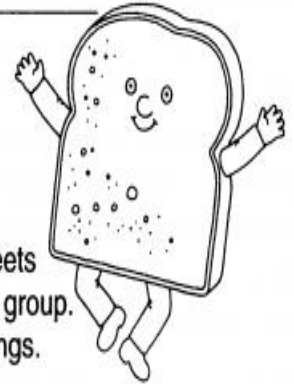


Name \_\_\_\_\_

# The Food Pyramid

Make a balanced food plan for one day.  
On the pyramid, draw the foods you select.



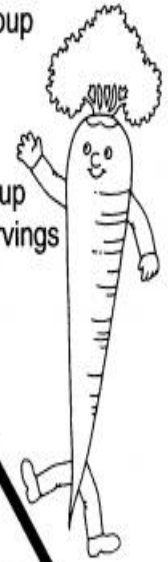
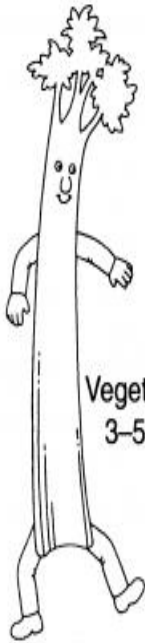
Fats, Oils, and Sweets  
This is not a food group.  
Limit your servings.

Milk, Yogurt, and  
Cheese Group  
2-3 servings

Meat, Poultry, Fish, Dry Bean,  
Egg, and Nut Group  
2-3 servings

Vegetable Group  
3-5 servings

Fruit Group  
2-4 servings



Bread, Cereal, Rice, and Pasta Group  
6-11 servings

