

The Pyramid

FOODS TO LIMIT OR AVOID

Use your knowledge of the pyramid to identify foods that should be eaten sparingly or not at all. These foods are high in fat, sugar, or salt. They are not essential for a healthy diet. The pyramid does not mean you should avoid these foods. It means you should eat them in moderation and not eat too much of them.

All the different foods are divided into four 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, fish, and eggs. The third group is called the "vegetable group." It includes vegetables, fruits, and grains. The bottom group is called the "dairy group." It includes milk, cheese, and yogurt. The pyramid also shows how much of each group you should eat. The pyramid is divided into four sections. Each section is labeled with a number. The numbers are 1, 2, 3, and 4. The numbers 1 and 2 are for the top two groups. The numbers 3 and 4 are for the bottom two groups. The pyramid is a guide to help you choose healthy foods.

