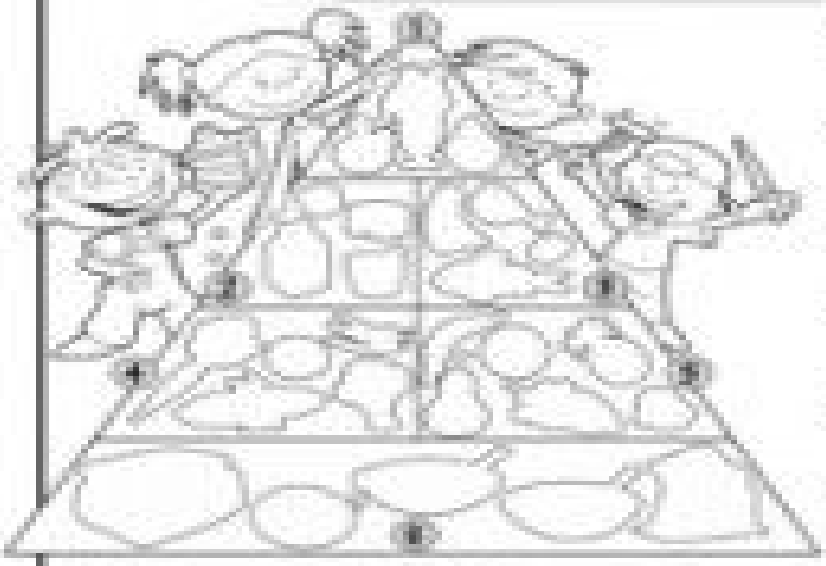
Food Pyramid



1. Sugars & fats
2. Dairy
3. Protein
4. Vegetables
5. Fruit
6. Carbohydrates

Make your own food pyramid. Look at the different foods scattered below. Cut them out and glue them in their correct places on the food pyramid above. Use this food pyramid daily as a guide to healthy food choices.