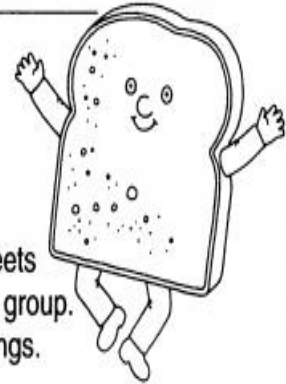


Name _____

The Food Pyramid

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



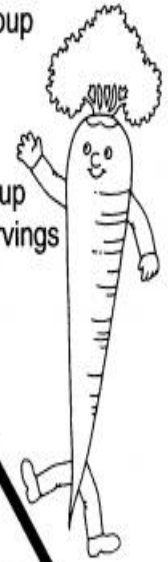
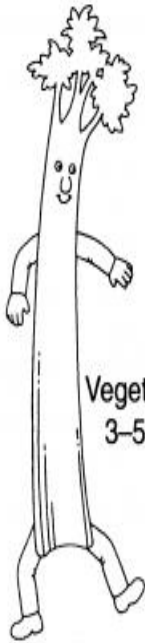
Fats, Oils, and Sweets
This is not a food group.
Limit your servings.

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

