

# 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 your health. They are not good for you. They are not good for your health. They are not good for your health. They are not good for your health.

All the different foods are divided into four groups. The first group is the grain group. It includes bread, rice, pasta, and cereal. The second group is the vegetable group. It includes leafy greens, beans, and peas. The third group is the fruit group. It includes apples, oranges, and bananas. The fourth group is the protein group. It includes meat, fish, and eggs. Each group has a different color and shape. The pyramid is divided into four sections. Each section has a different color and shape. The pyramid is divided into four sections. Each section has a different color and shape.

