

Food Pyramid

Healthy FOOD

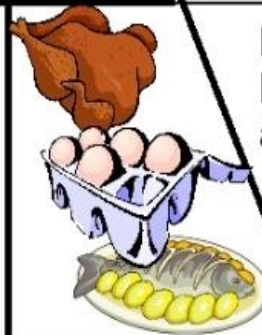
Fats, Oils and Sweets



Milk, Yogurt
and Cheese
Group



Meat, Poultry, Fish,
Eggs, Dry Beans
and Nut Group



Vegetable
Group



Fruit
Group



Bread, Cereal, Rice & Pasta Group



Water