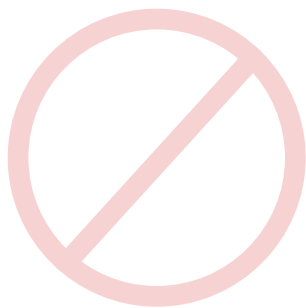


Name: _____

Date: _____

Food Pyramid

Draw examples of each food category in the sections below.



Limit salt & sugar



Healthy fats

Dairy

Protein

Grains

Vegetables

Fruits