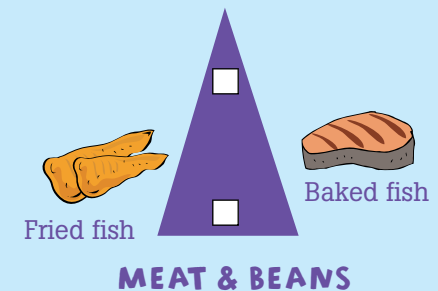
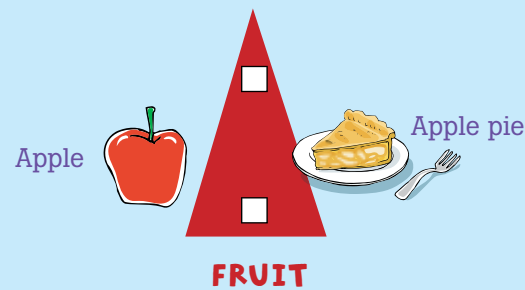
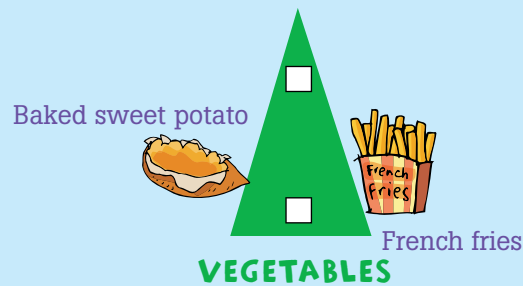
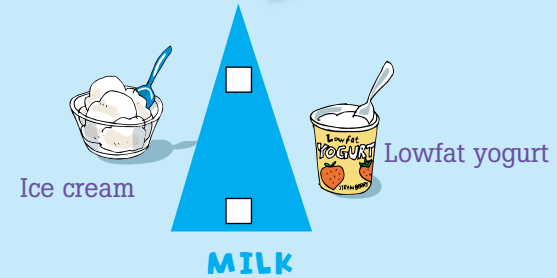
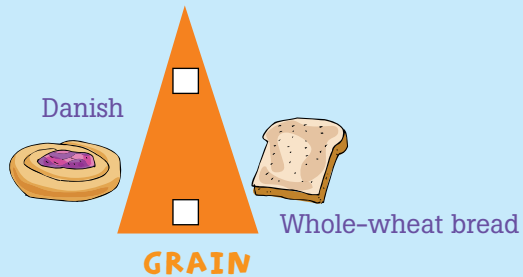
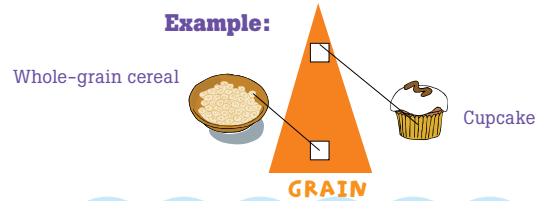


Learning the Lessons of MyPyramid

Choose Healthier Foods From Each Group

Draw a line from the food to its proper place on the food group stripe. Remember, the foods with more solid fat and added sugars go at the top of the stripe.

Choose Healthier Foods From each Group
 Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



It's good to eat foods that are mainly at the o o of MyPyramid.

I will try to eat s from the top of MyPyramid.

Answers on page 35.