

Healthy Eating



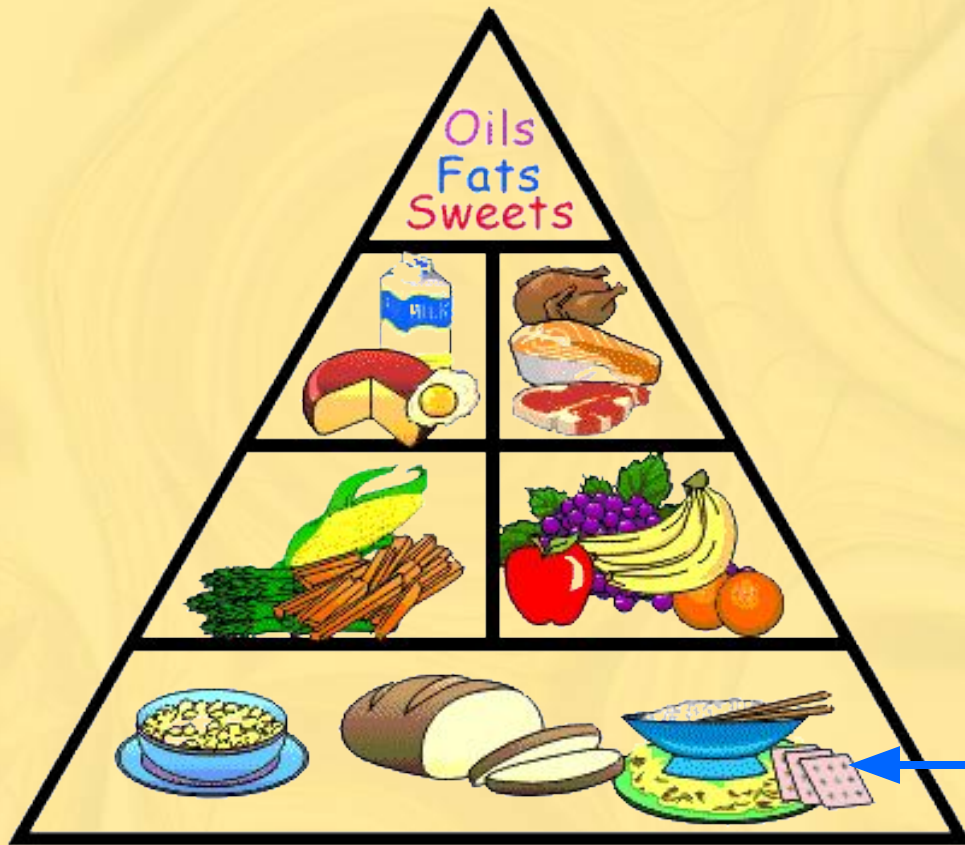
Meals of the day:



■ **Breakfast**

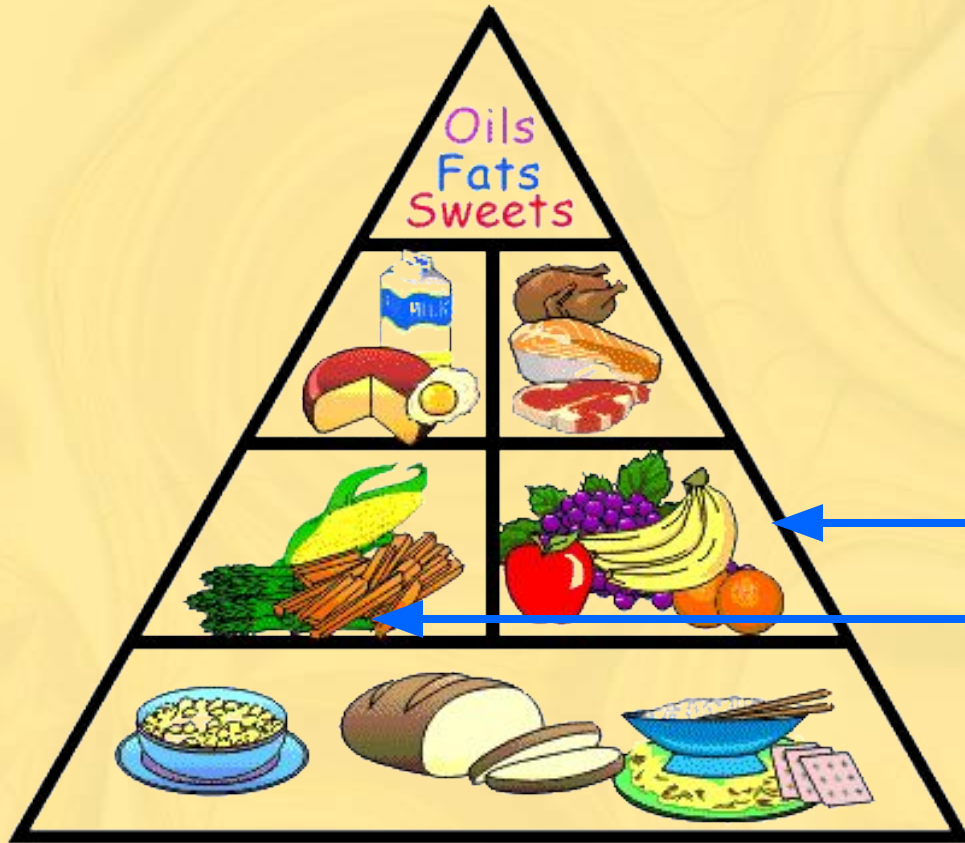
■ **Lunch**

Healthy Eating Pyramid



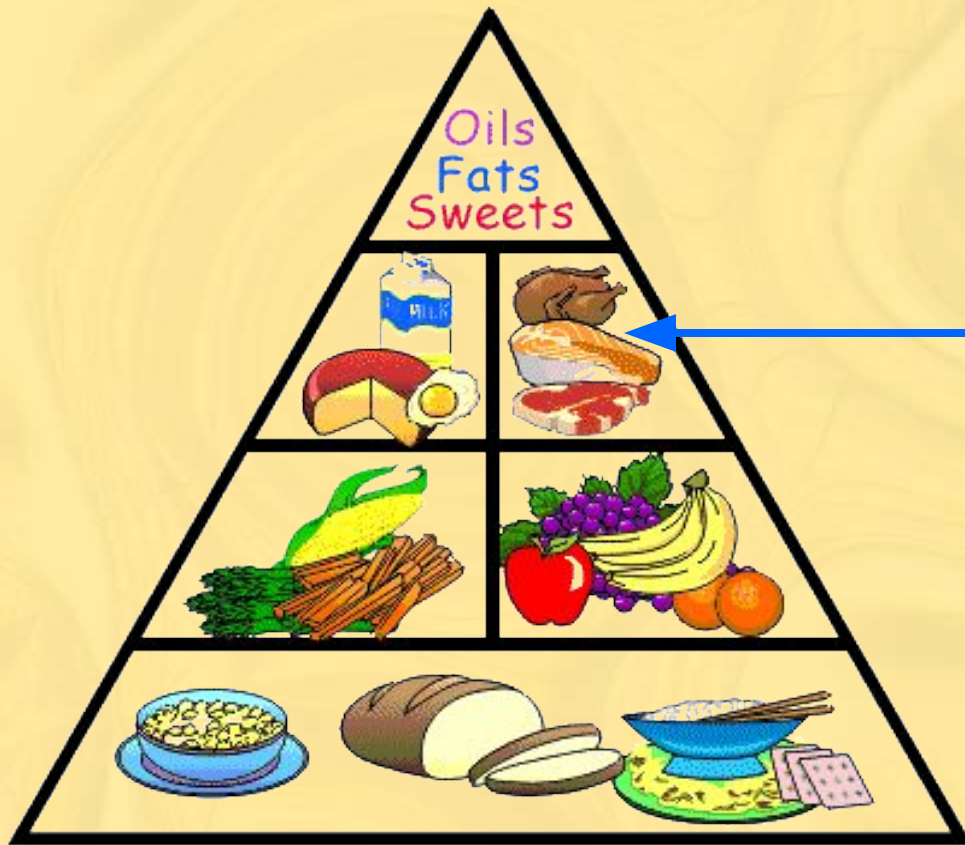
**Bread and
Cereals
group**

Healthy Eating Pyramid



Fruit and
vegetables
group

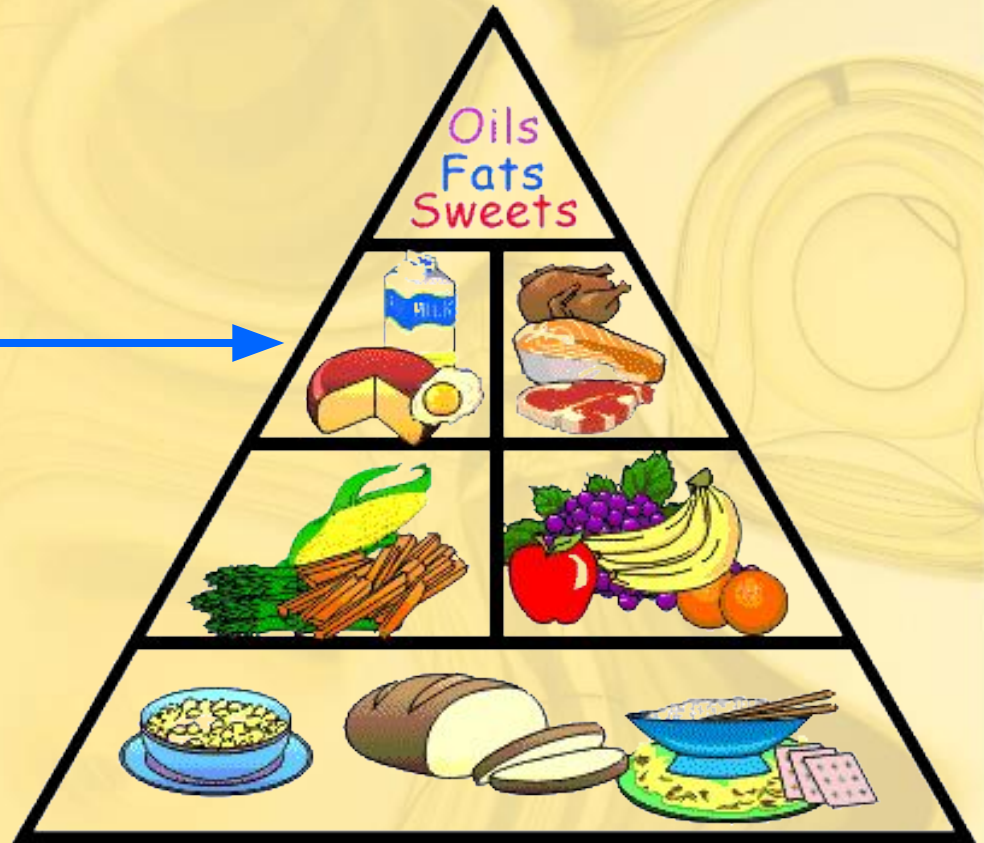
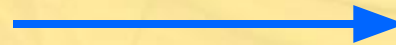
Healthy Eating Pyramid



**Meats
or
Protein
Group**

Healthy Eating Pyramid

Dairy
group



The Main Food Groups





Dry Beans and Nuts



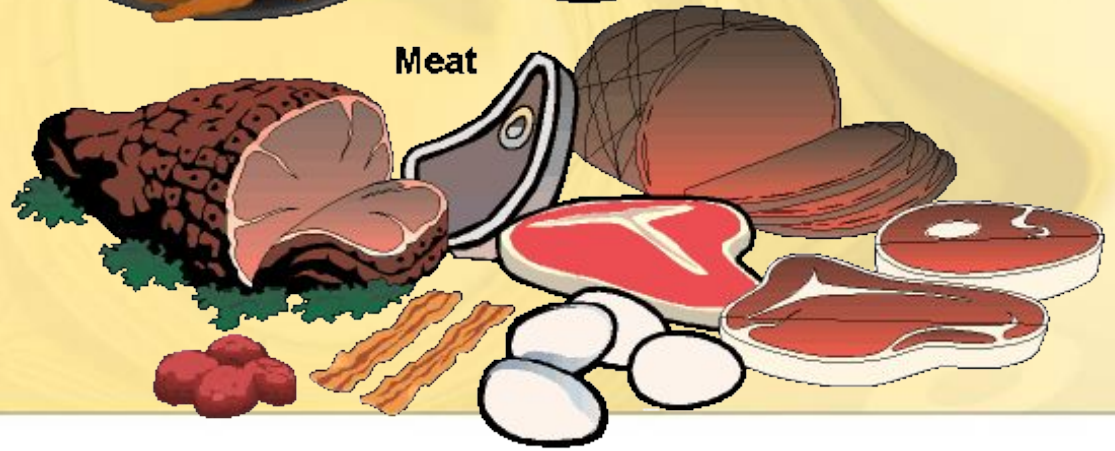
Fish & Seafood



Poultry

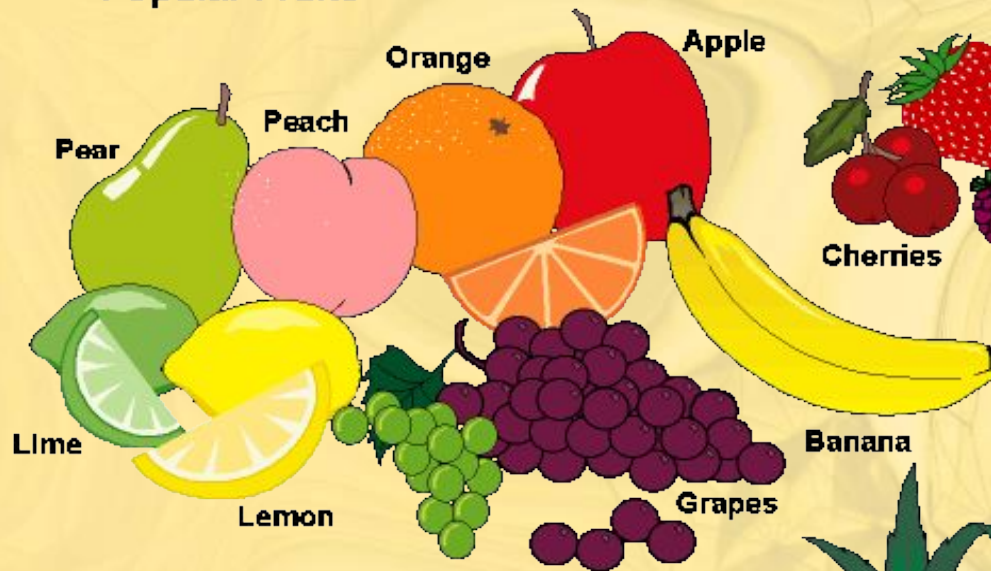


Meat

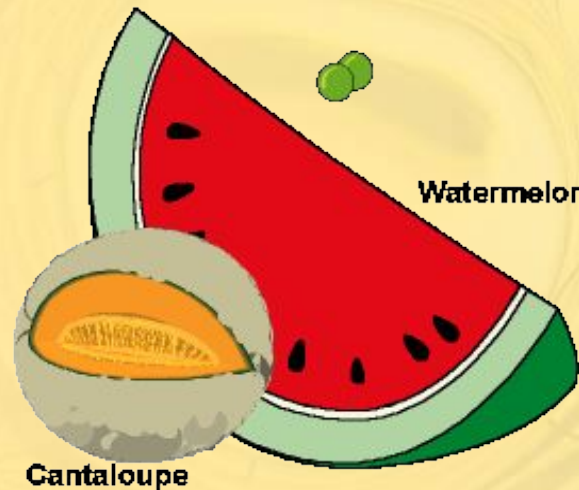
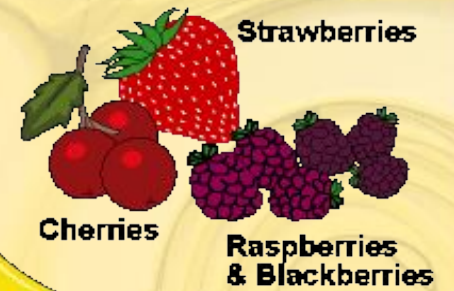




Popular Fruits



Berries



Melons



Tropical Fruits



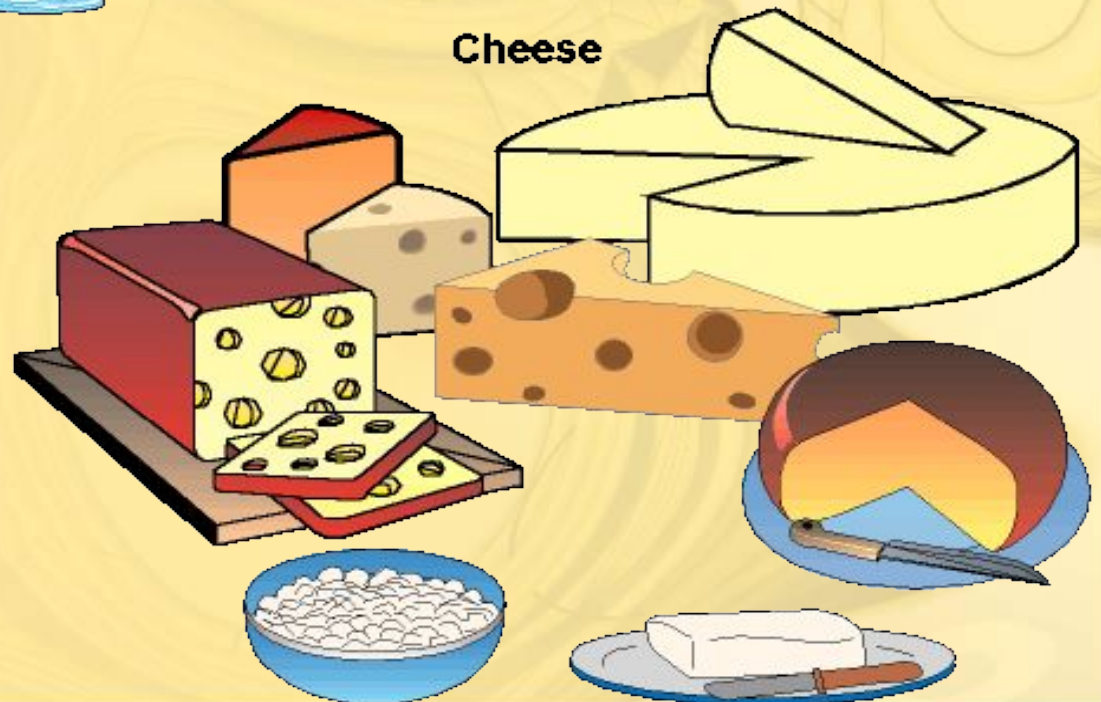
Milk



Yogurt



Cheese





Chlps



Popsicle



Cake



Candy



Cookles



Ple



Soft Drink



Doughnuts



Sugar

**Oils,
Dressings,
Jams &
Syrups**

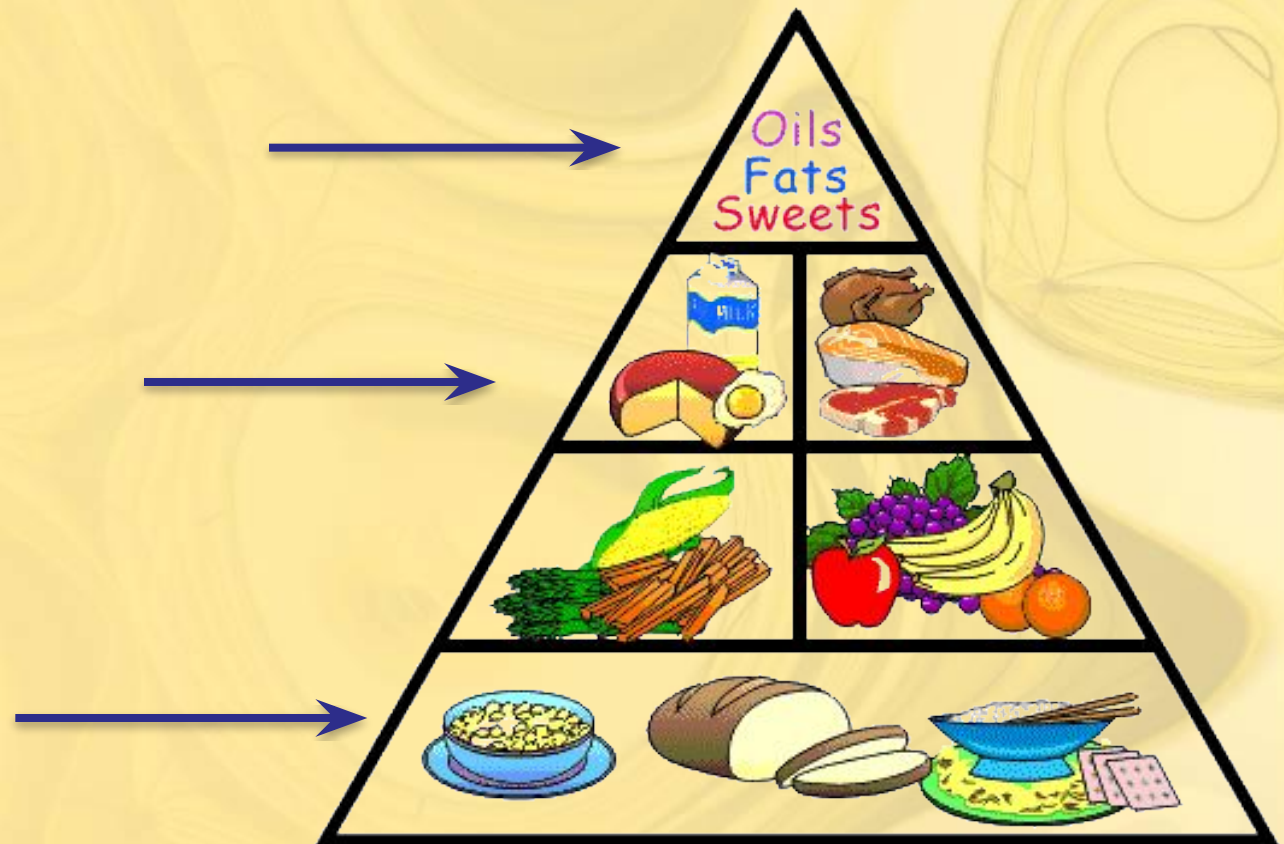


Butter or Margarine

Eat moderately

Eat most

Eat a little



Don't forget!

Water 
exercis 
and sunligh 
are important!

