

# Healthy Eating



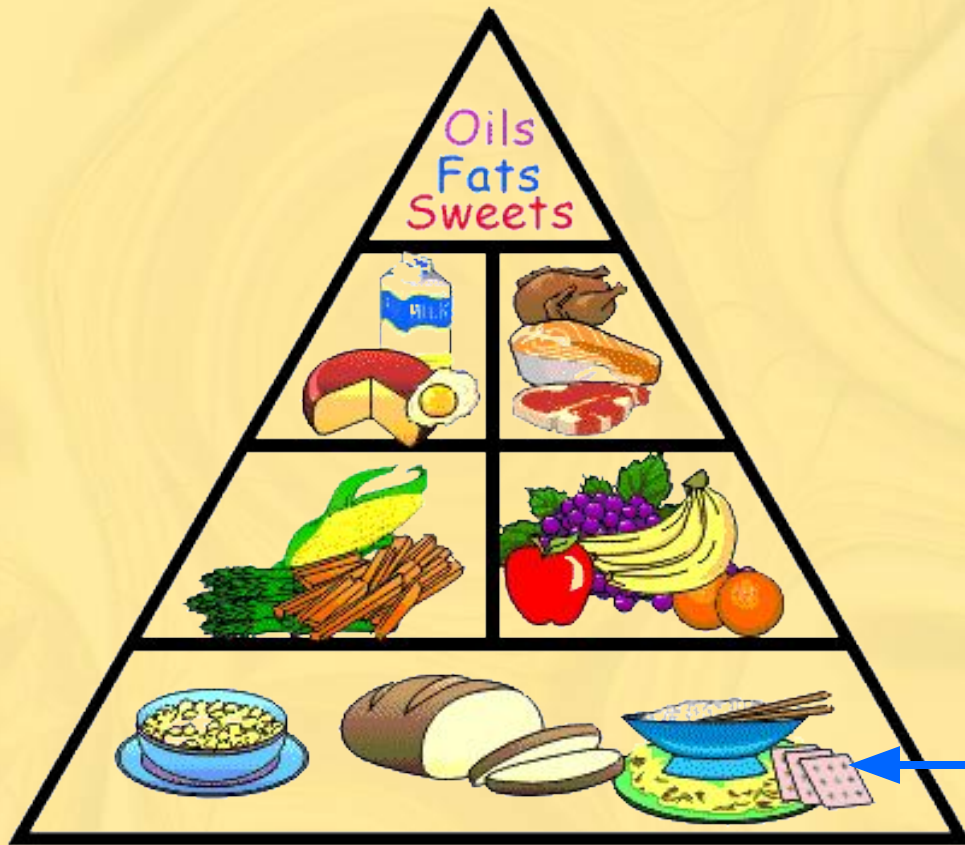
**Meals of the day:**



■ **Breakfast**

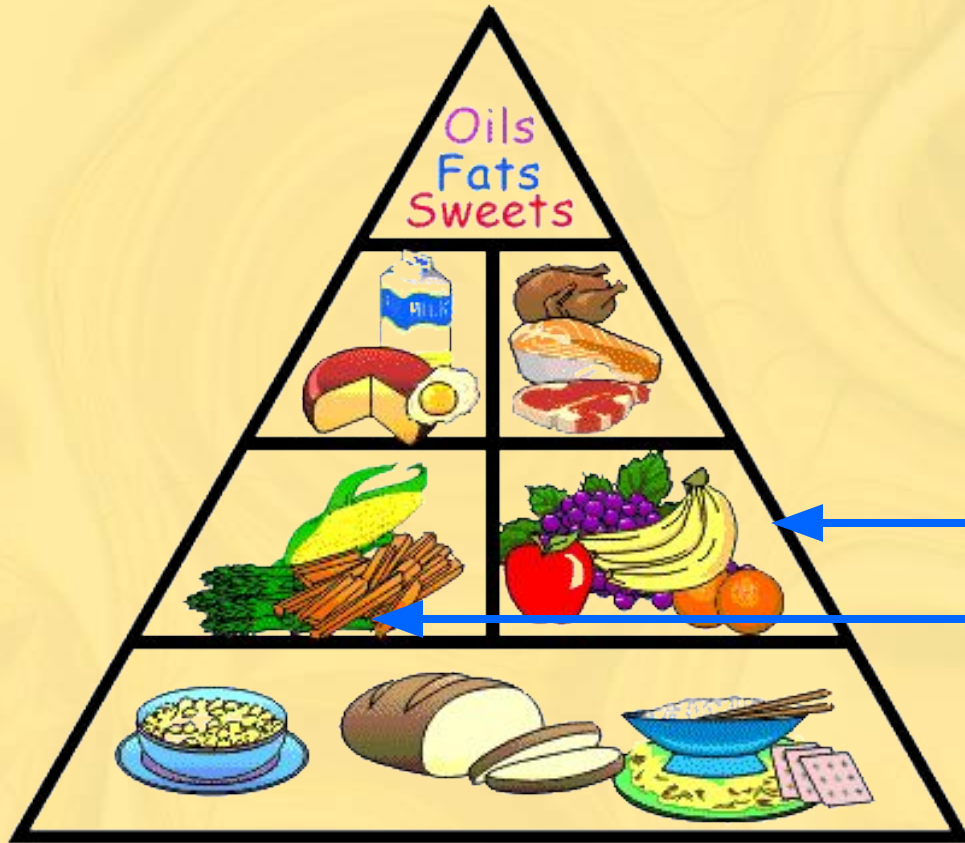
■ **Lunch**

# Healthy Eating Pyramid

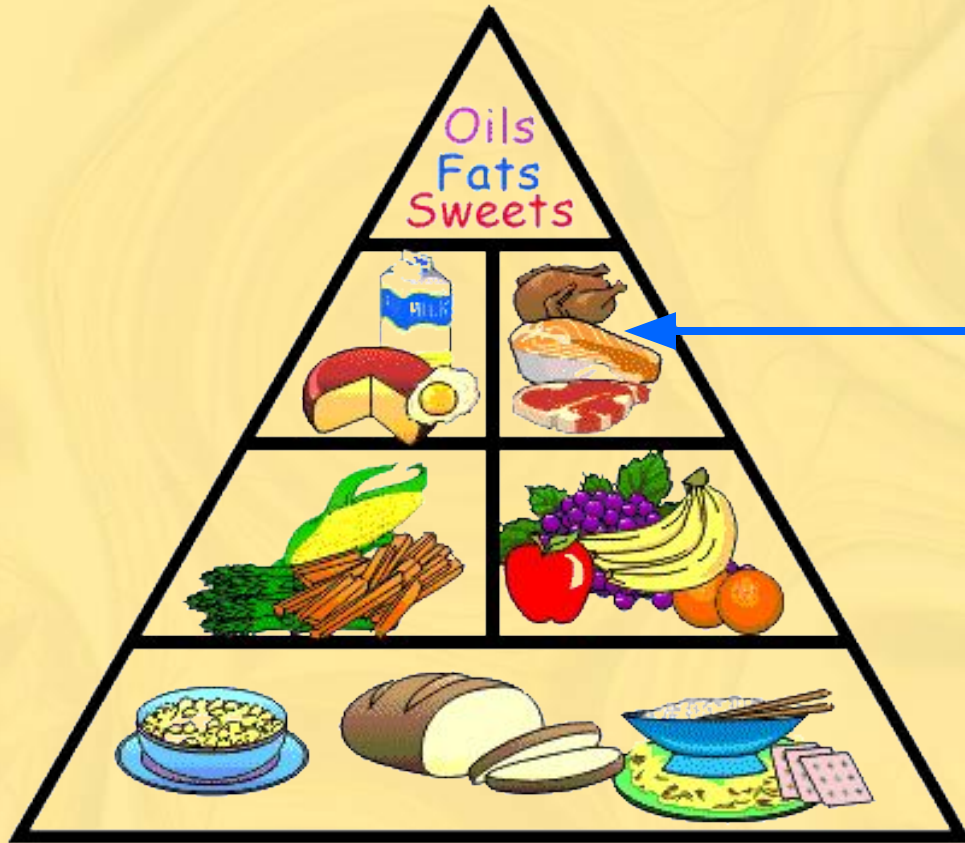


**Bread and  
Cereals  
group**

# Healthy Eating Pyramid



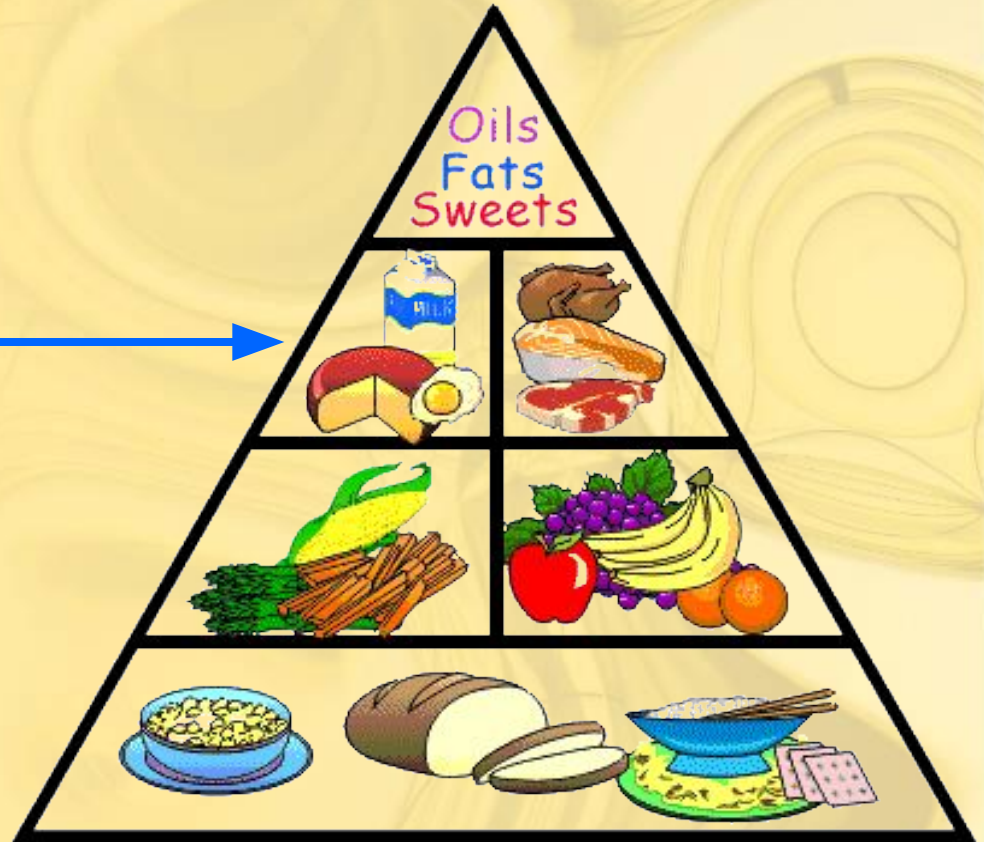
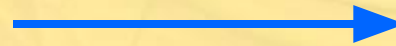
# Healthy Eating Pyramid



**Meats  
or  
Protein  
Group**

# Healthy Eating Pyramid

Dairy  
group



# The Main Food Groups





**Dry Beans and Nuts**



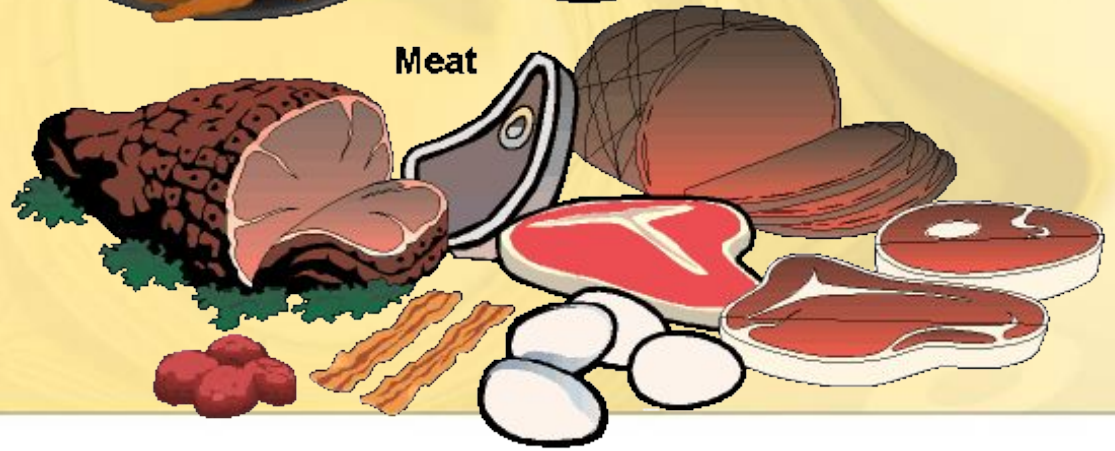
**Fish & Seafood**



**Poultry**



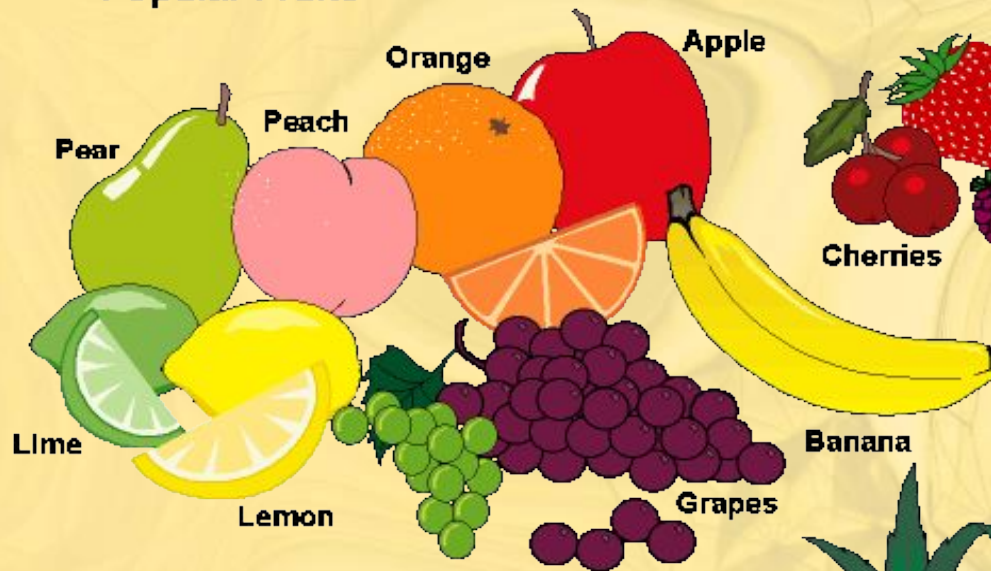
**Meat**



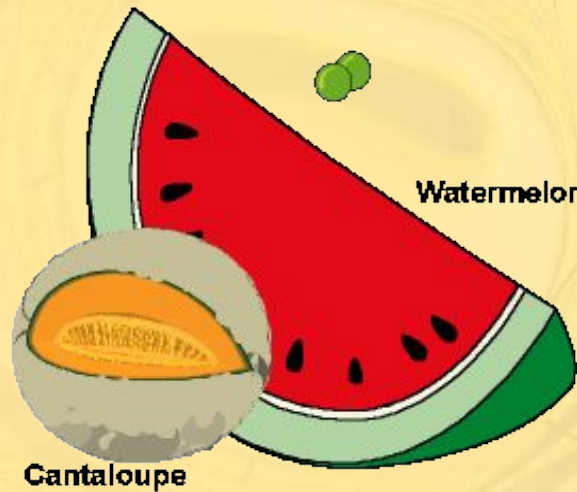
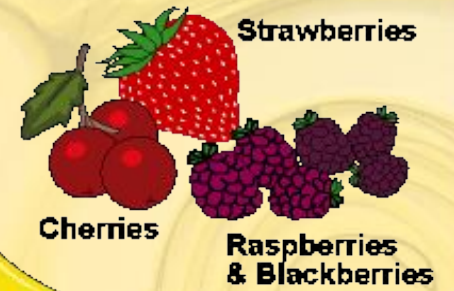




### Popular Fruits



### Berries



### Melons



### Tropical Fruits



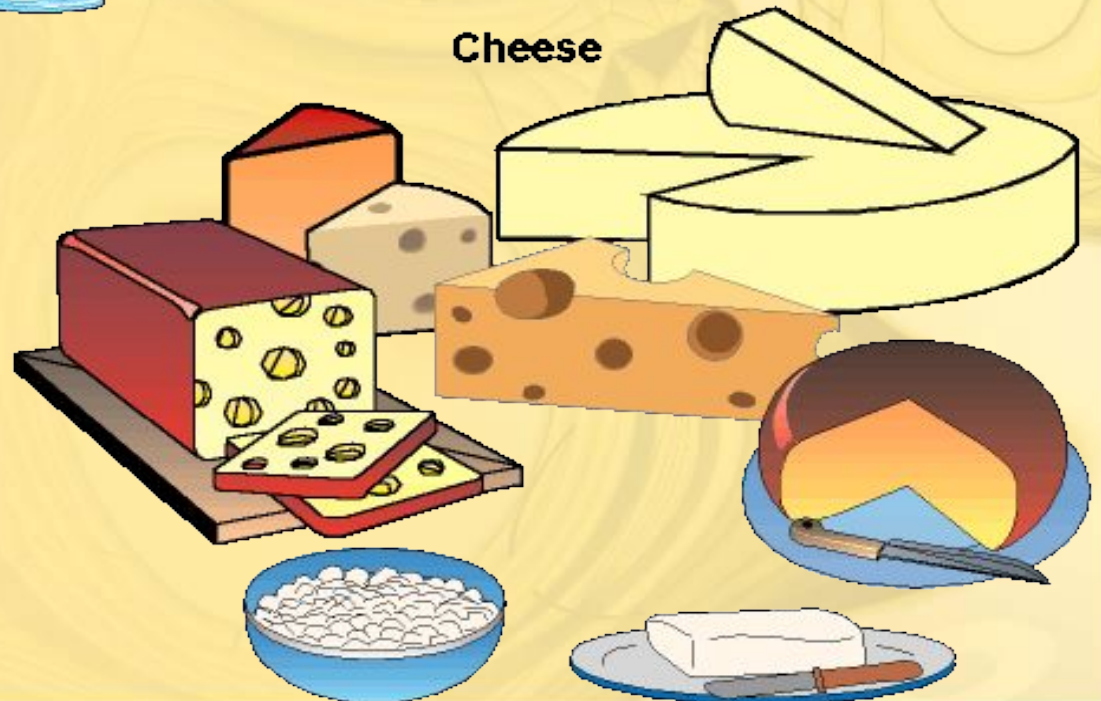
Milk



Yogurt



Cheese





**Chlps**



**Popsicle**



**Cake**



**Candy**



**Cookies**



**Ple**



**Soft Drink**



**Doughnuts**



**Sugar**

**Oils,  
Dressings,  
Jams &  
Syrups**

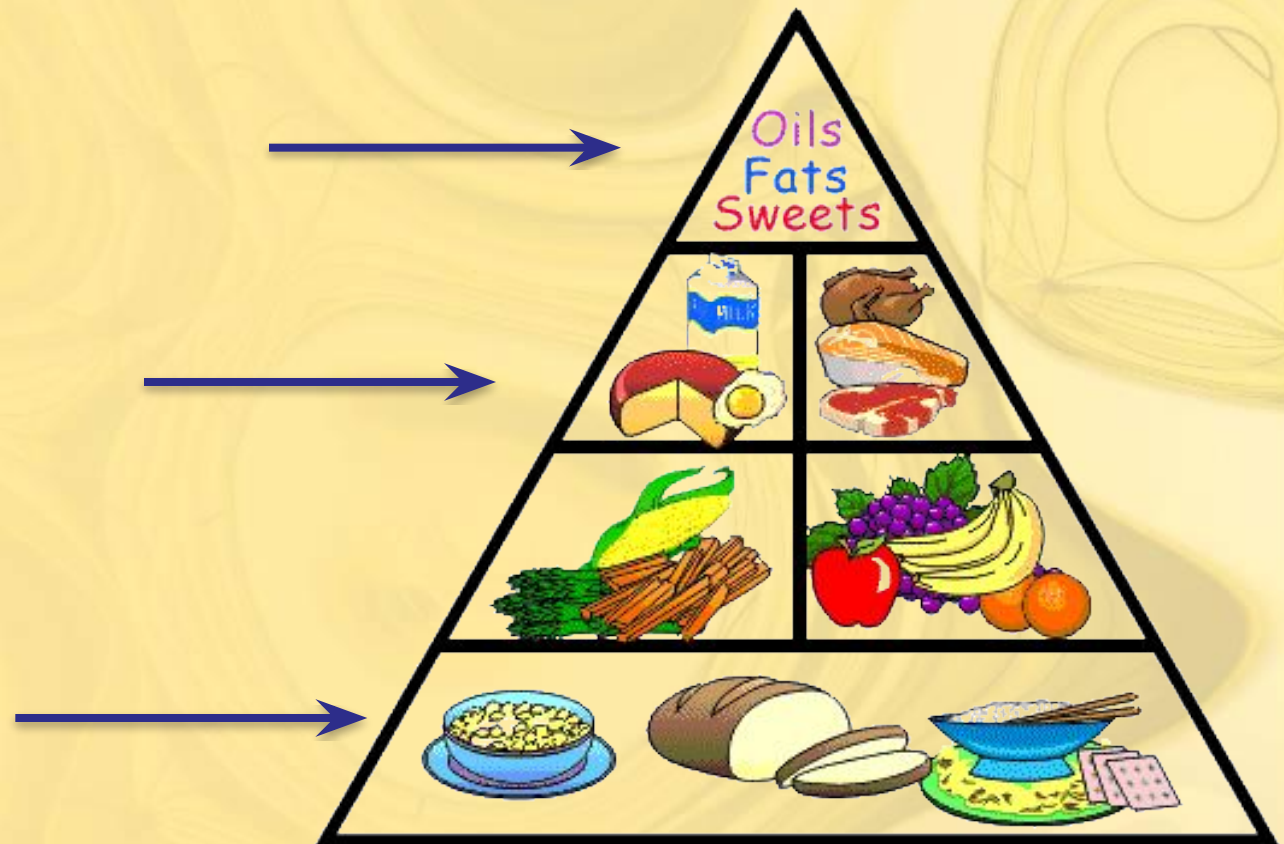


**Butter or Margarine**

Eat moderately

Eat most

Eat a little



# Don't forget!

Water   
exercis   
and sunligh   
are important!

