

# Healthy Eating



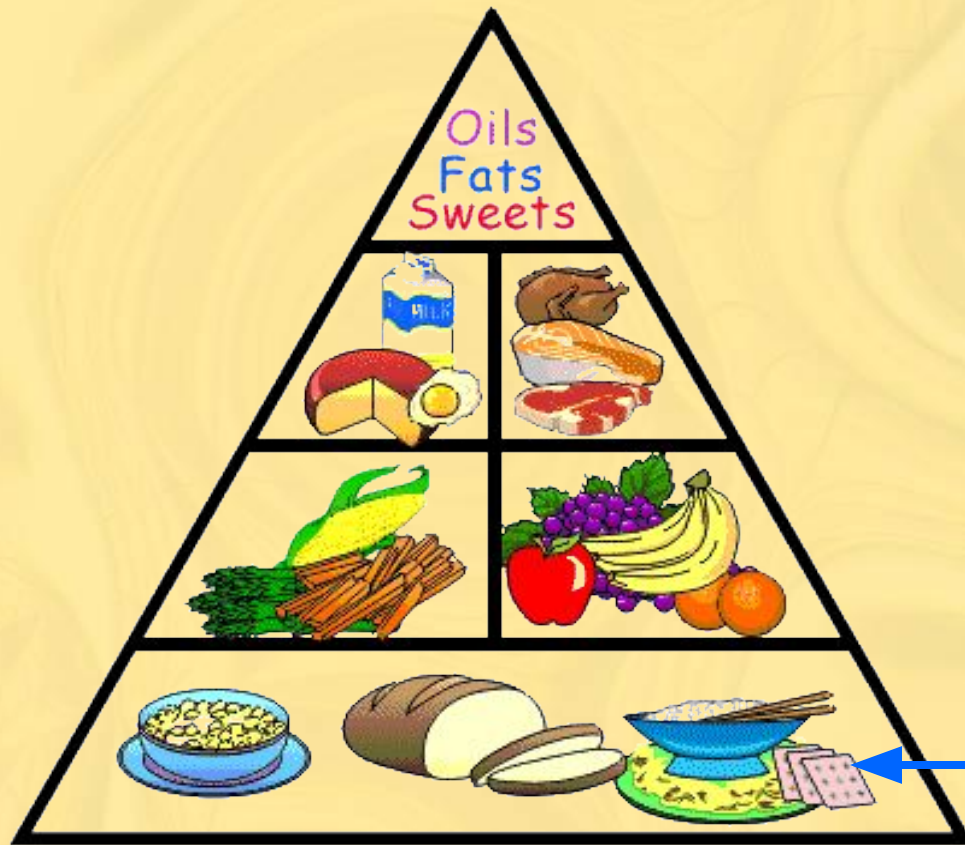
**Meals of the day:**



■ **Breakfast**

■ **Lunch**

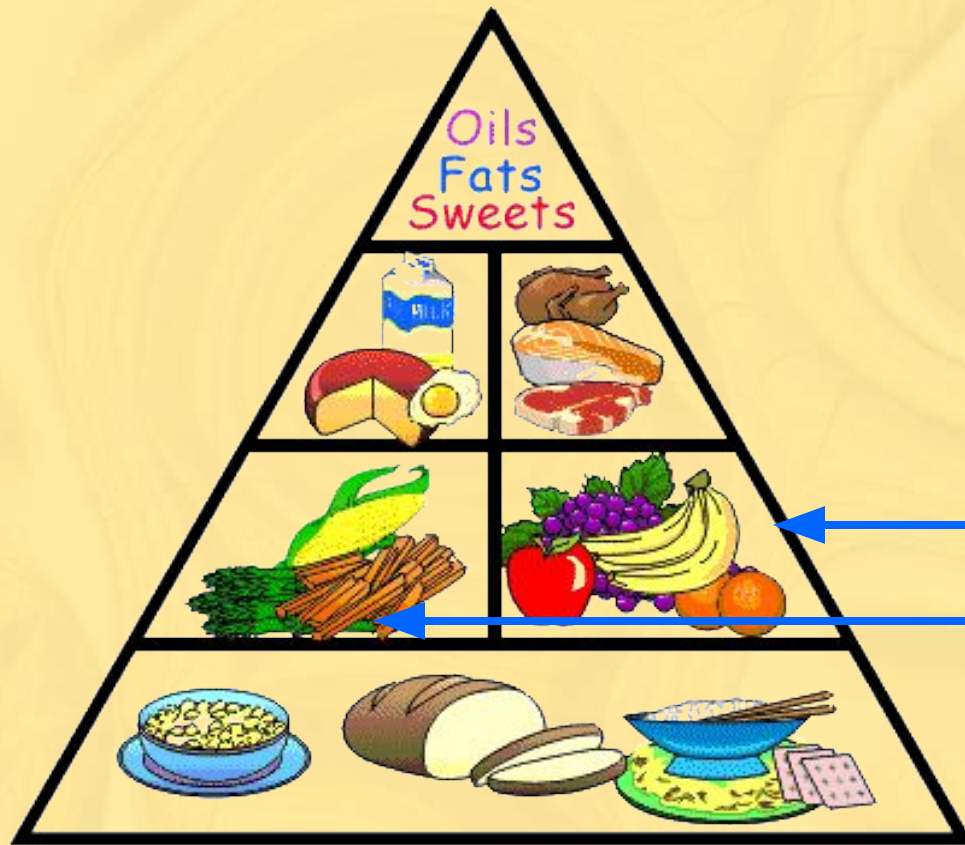
# Healthy Eating Pyramid



**Bread and  
Cereals  
group**

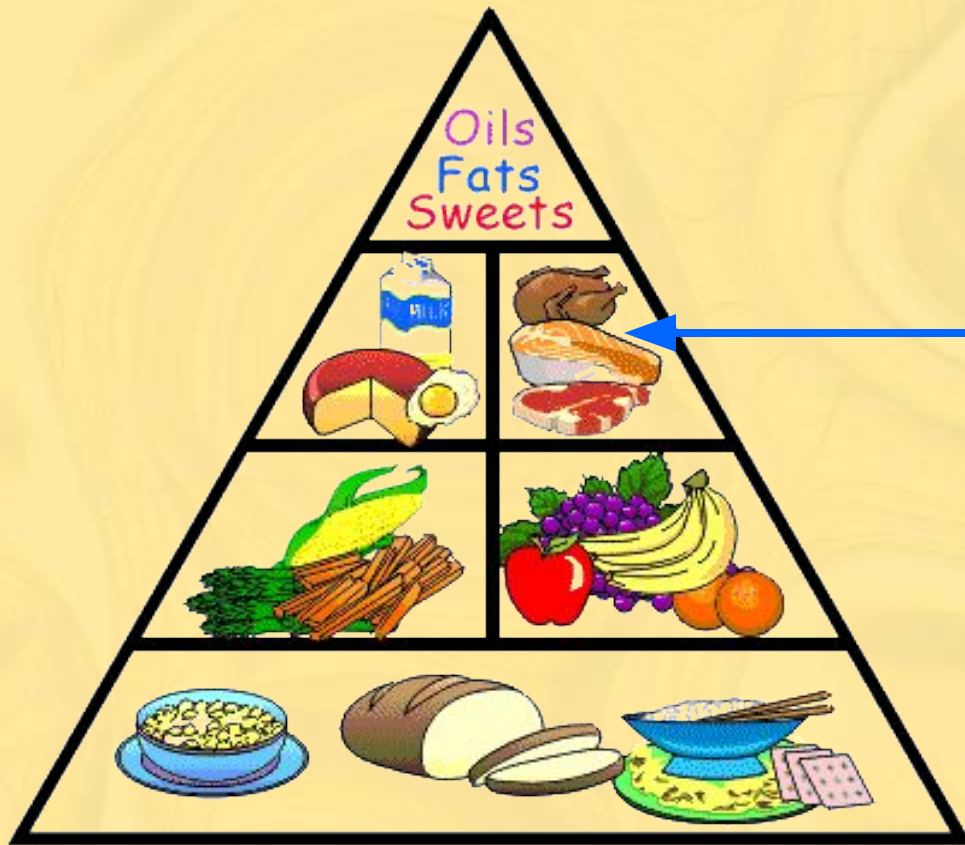


# Healthy Eating Pyramid



Fruit and  
vegetables  
group

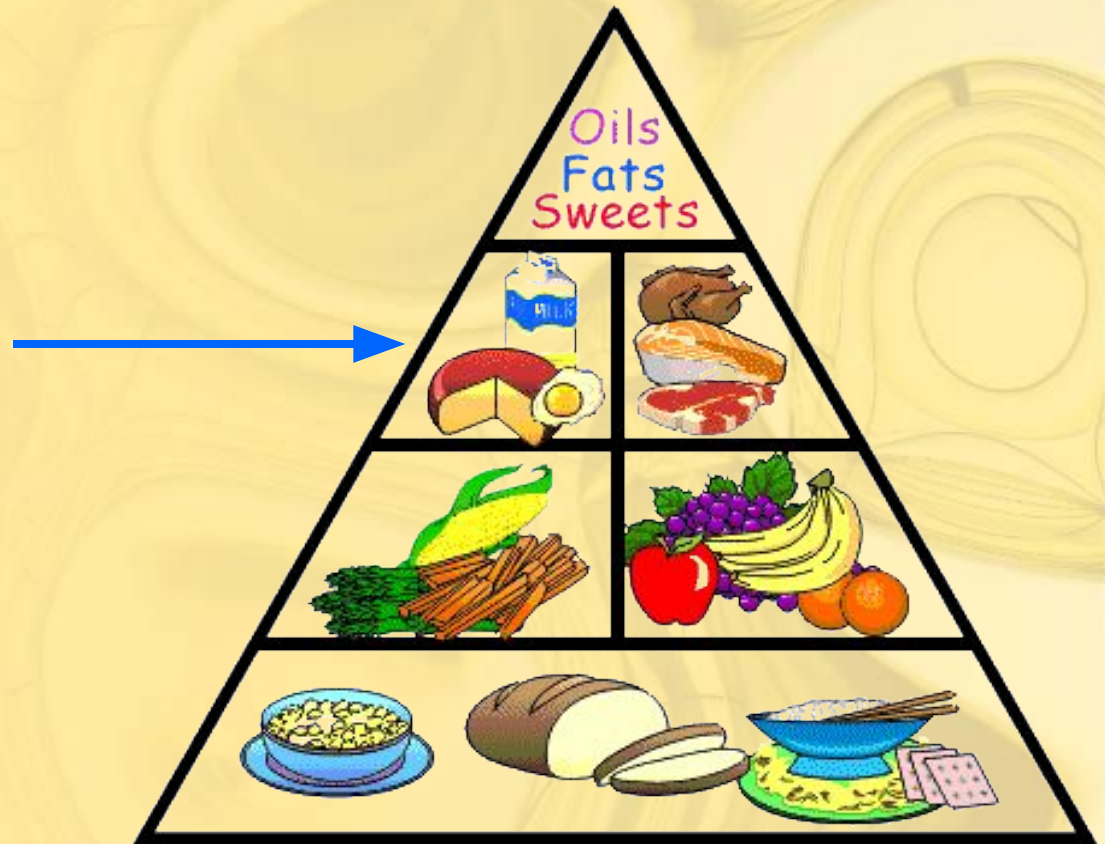
# Healthy Eating Pyramid



**Meats  
or  
Protein  
Group**

# Healthy Eating Pyramid

Dairy  
group





# The Main Food Groups





Dry Beans and Nuts



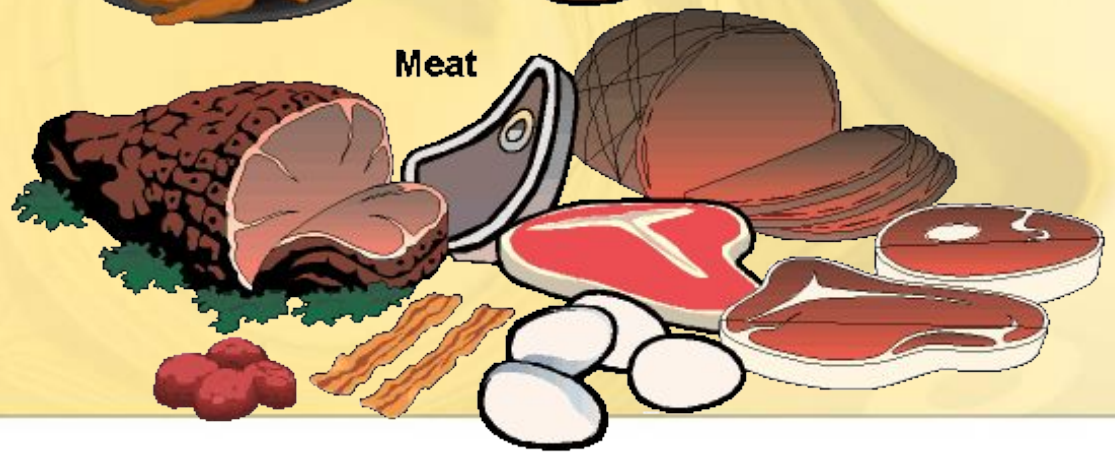
Fish & Seafood



Poultry



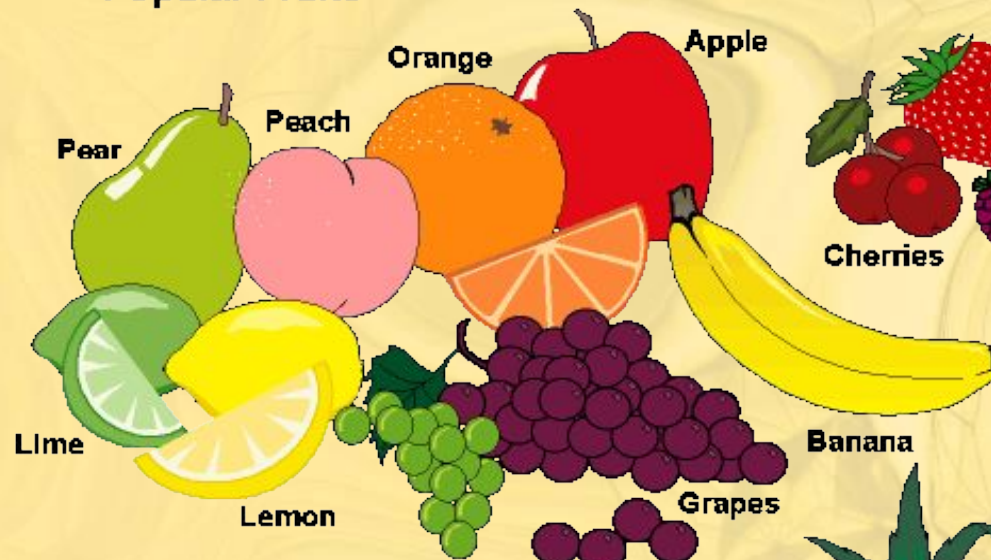
Meat



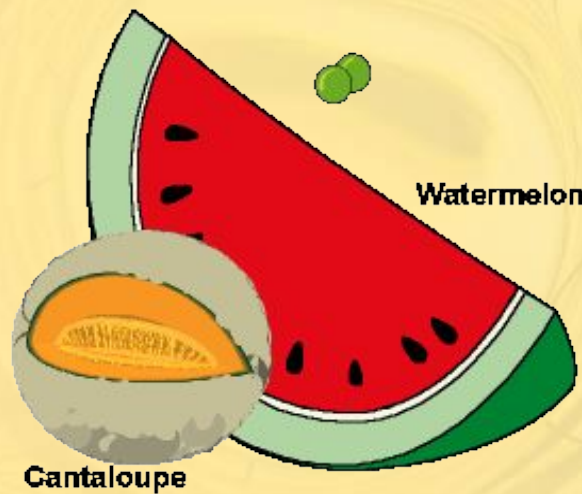
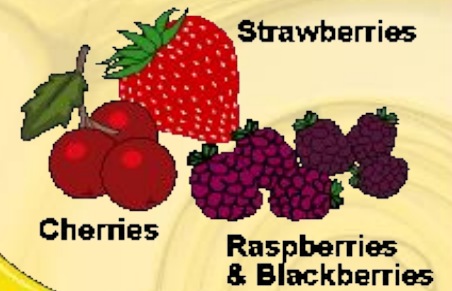




## Popular Fruits



## Berries



## Melons



## Tropical Fruits



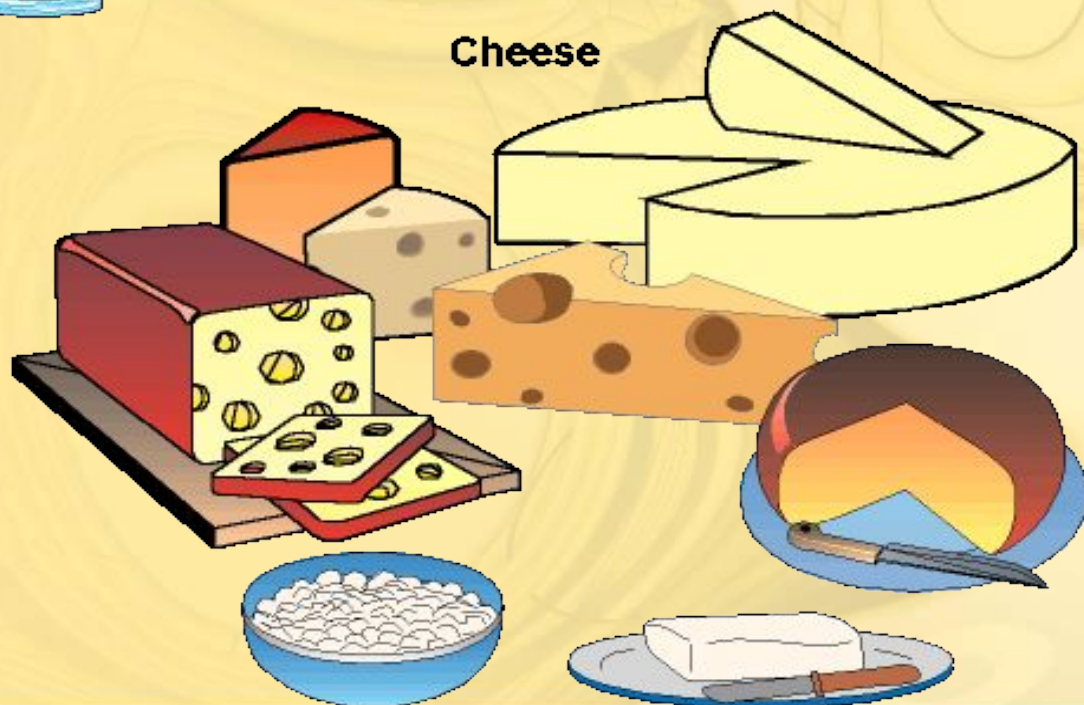
Milk



Yogurt



Cheese





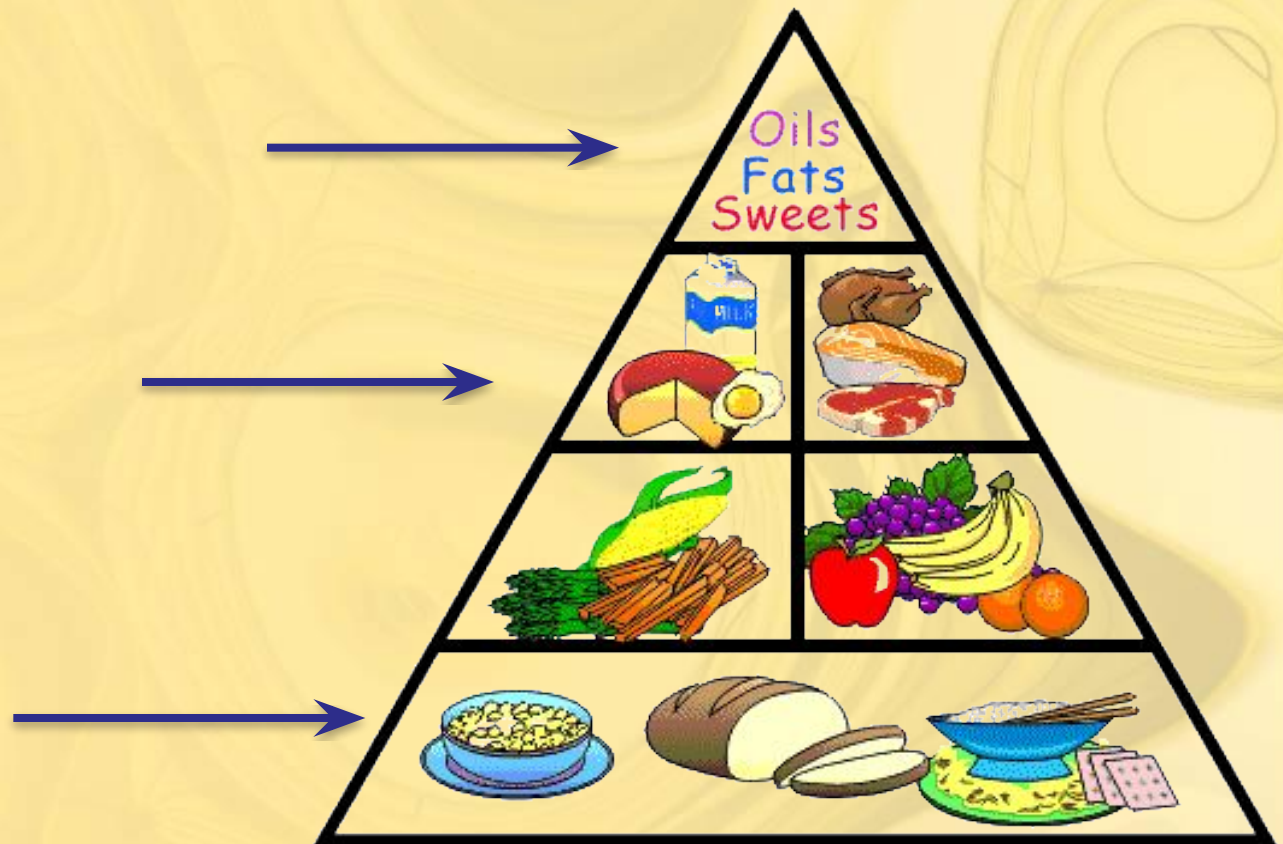




Eat moderately

Eat most

Eat a little



# Don't forget!

Water   
exercis   
and sunligh   
are important!

