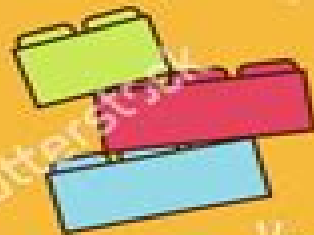


FOOD PYRAMID

FOR

KIDS



Fats, oils, sweets
eat seldom

Dairy
2 servings

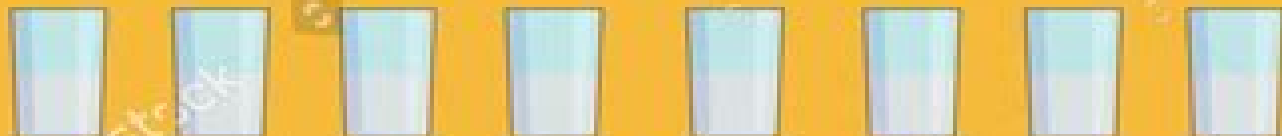
Meat, Fish, Beans
2 servings

Vegetables
3 servings

Fruit
2 servings

Grain Group
6 servings

Water
unlimited



Healthy Food Guide For Children

KJ Lindholm-Leary



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