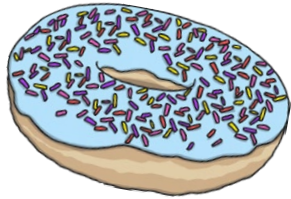
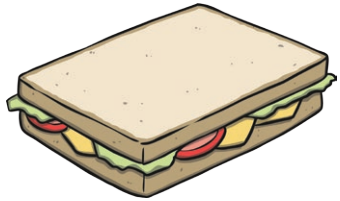


My Healthy Diet

Find out what makes a healthy diet. Compare your food pyramid with the healthy diet pyramid. Do you have a healthy diet?



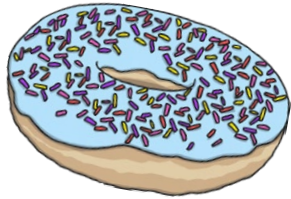
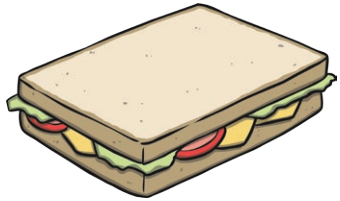
Foods I should rarely eat.

Foods I should sometimes eat.

Foods I should often eat.

My Food Pyramid

Find out what makes a healthy diet. Compare your food pyramid with the healthy diet pyramid. Do you have a healthy diet?



Foods I rarely eat.

Foods I sometimes eat.

Foods I often eat.
