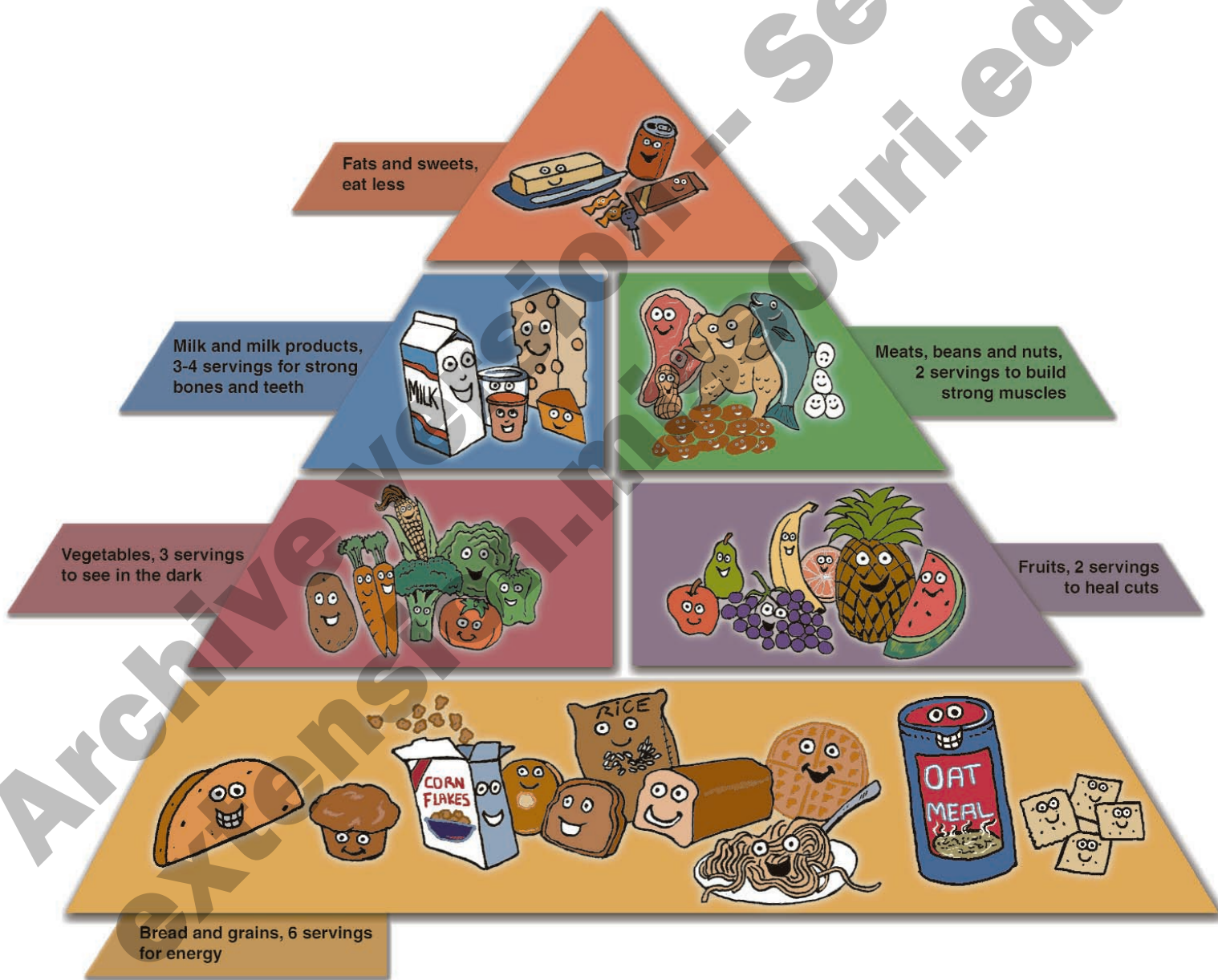


Information from  
Human  
Environmental  
Sciences  
Extension ▼  
▼  
▼

## NUTRITION

# Food Guide Pyramid for Kids



Eat from each food group every day!

# Building my pyramid

Fill in your pyramid with the foods you eat today!

