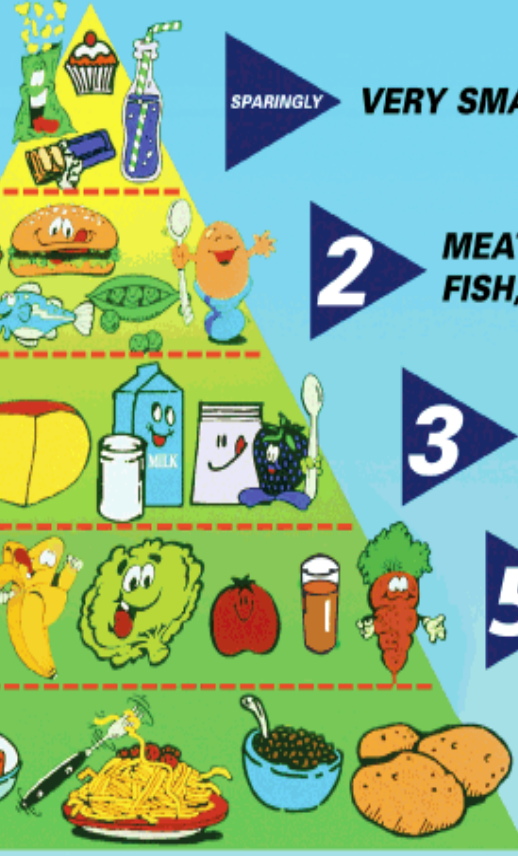


THE FOOD PYRAMID

DRINK PLENTY OF WATER



SPARINGLY VERY SMALL AMOUNTS

2 MEAT, CHICKEN, PEAS, BEANS FISH, & ALTERNATIVES

3 MILK, CHEESE & YOGURT

5 FRUIT, FRUIT JUICE & VEGETABLES

6+ BREAD, CEREALS POTATOES, RICE & PASTA

Food Pyramid servings above are suitable for children from 5 years of age.

Children should do at least 1 hour of moderate intensity activity, most days of the week

For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.