

Food Pyramid

Vegetables

Vegetables are packed with vitamins and minerals that help your body grow and stay healthy.

Grains

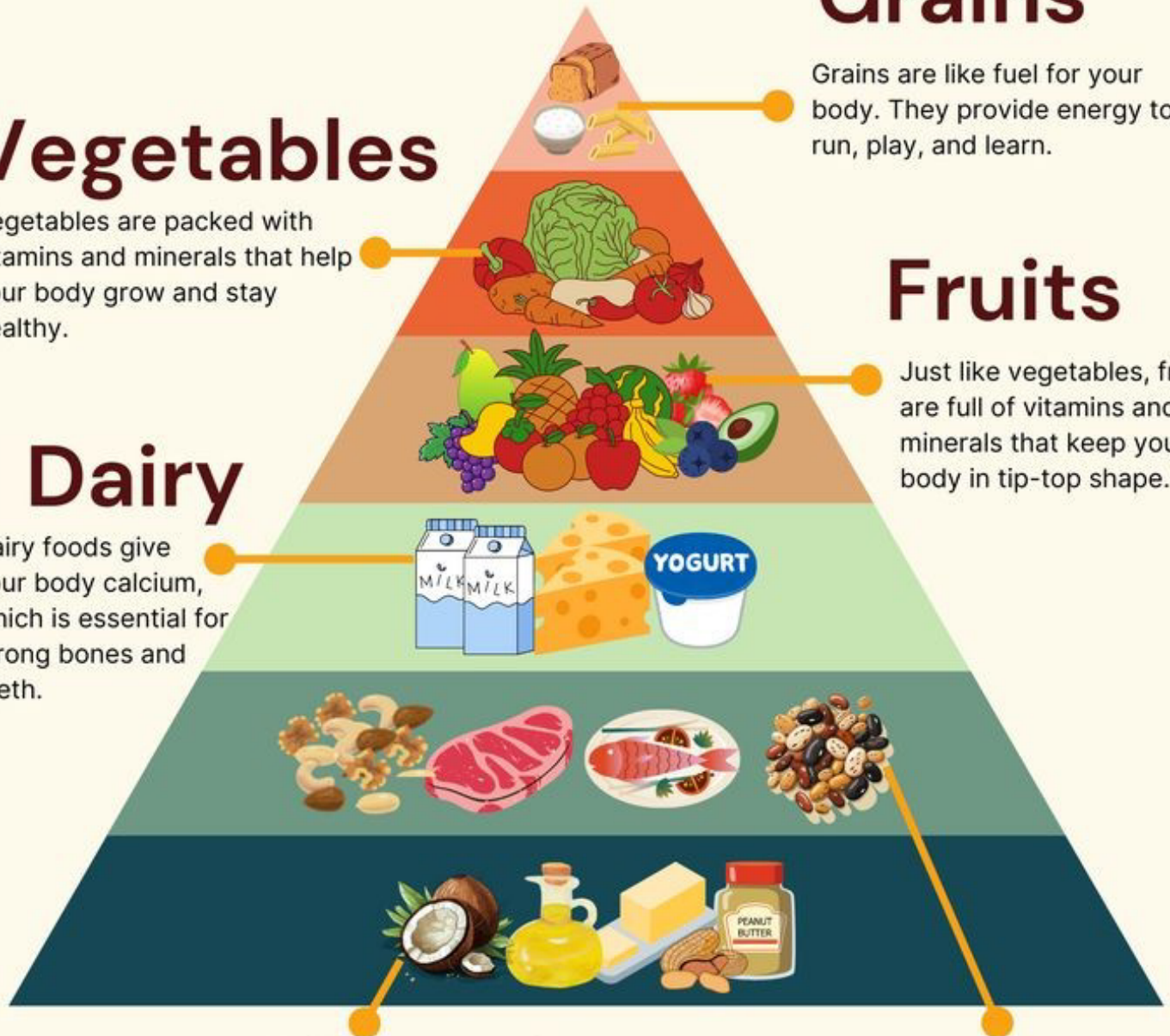
Grains are like fuel for your body. They provide energy to run, play, and learn.

Fruits

Just like vegetables, fruits are full of vitamins and minerals that keep your body in tip-top shape.

Dairy

Dairy foods give your body calcium, which is essential for strong bones and teeth.



Fats, Oils, and Sweets

These foods are delicious but should be enjoyed in moderation.

Proteins

Proteins are building blocks for your muscles, skin, and organs.