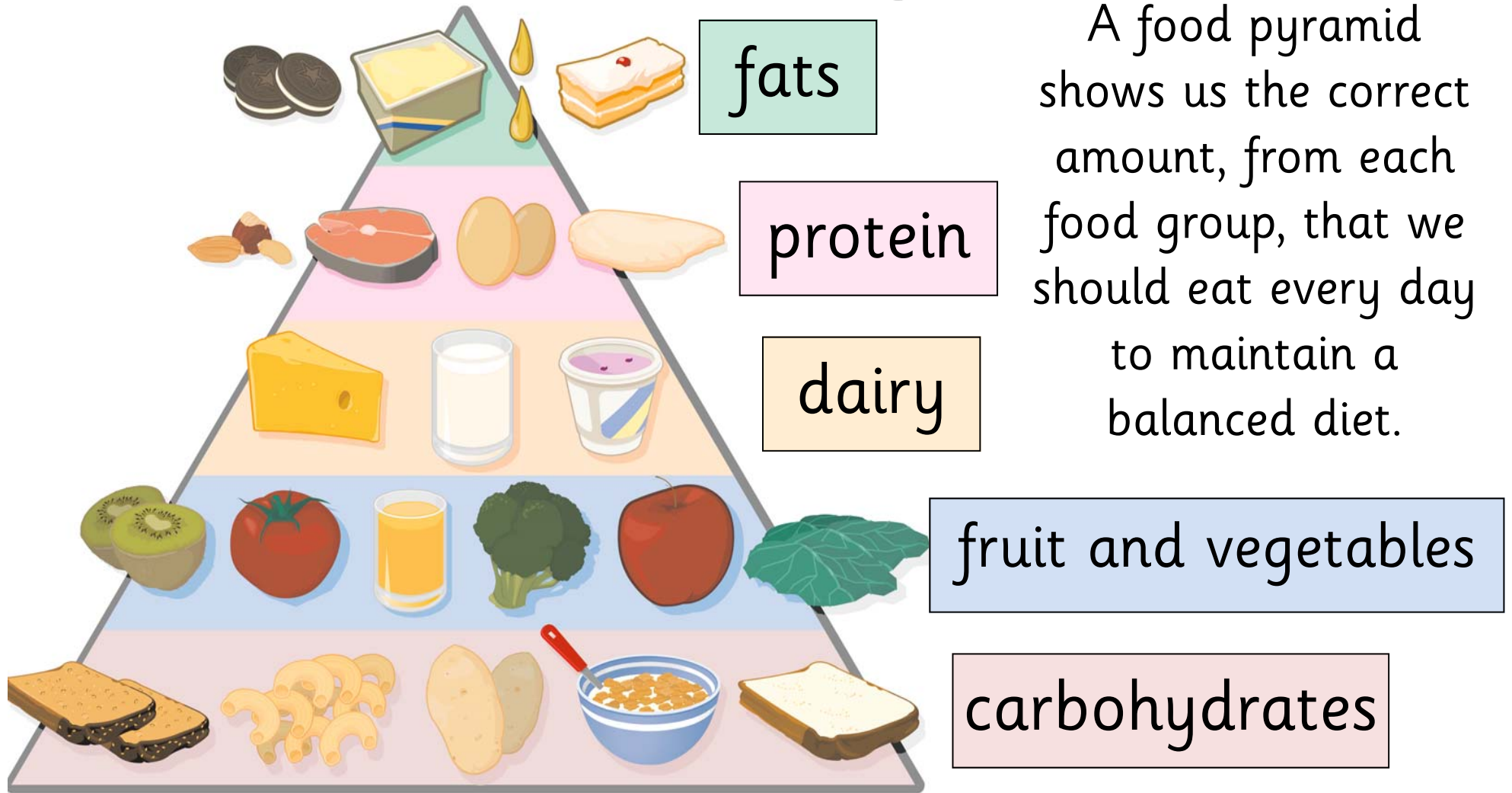


The Food Pyramid



A food pyramid shows us the correct amount, from each food group, that we should eat every day to maintain a balanced diet.

