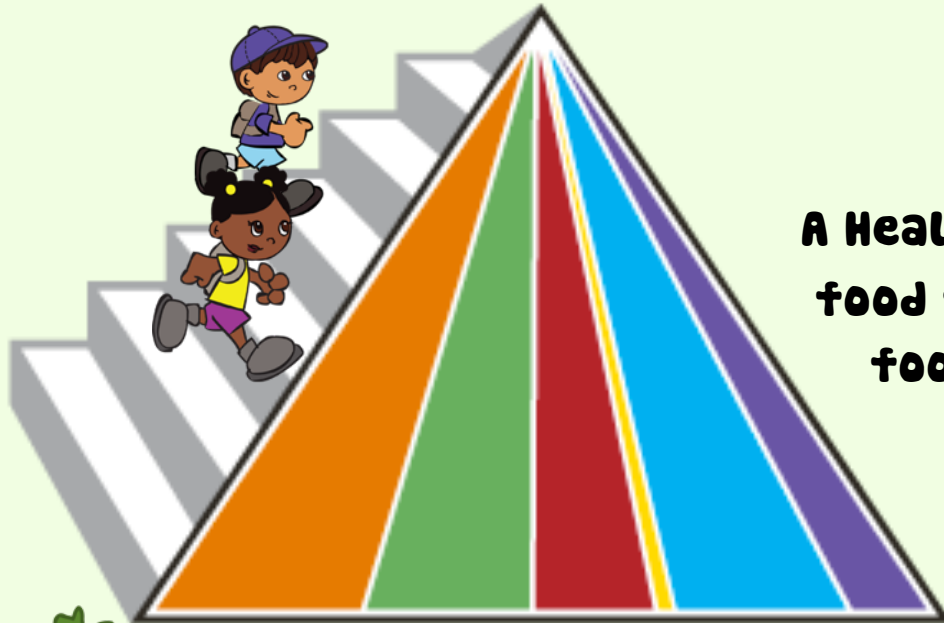


# The Food Pyramid

Be active every day!



A Healthy Meal has food from all the food groups!

