

# FOOD PYRAMID

FOR

# KIDS

**B** **5**



Fats, oils, sweets  
eat seldom

Dairy  
2 servings

Meat, Fish, Beans  
2 servings

Vegetables  
3 servings

Fruit  
2 servings

Grain Group  
6 servings

Water  
unlimited



# Food Guide Pyramid For Children

**Lingsheng Yao**



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