

Food Pyramid



<p>Grains 6 Ounces</p>	<p>Vegetable 2 1/2 Cups</p>	<p>Fruits 2 Cups</p>	<p>Milk 3 Cups</p>	<p>Meat & Beans 5 1/2 Ounces</p>
<p>Fats & Oils Limited intake</p>				

5 FOOD GROUPS