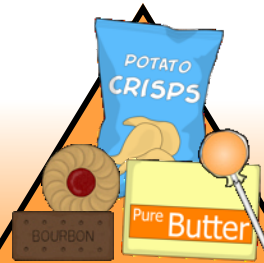


Food Pyramid

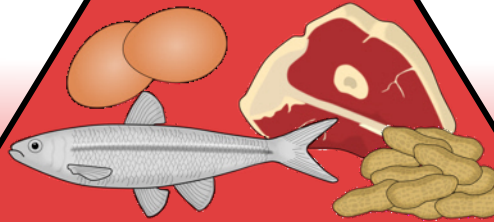
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Very small amounts



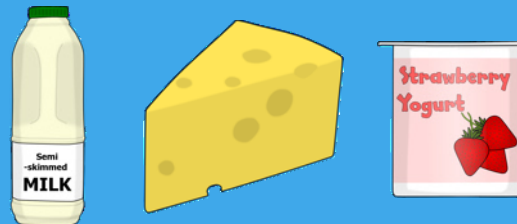
Fats, High Fat/Sugar Snacks, Foods and Drinks

2 portions



Meat, Fish, Eggs and Nuts

3 portions



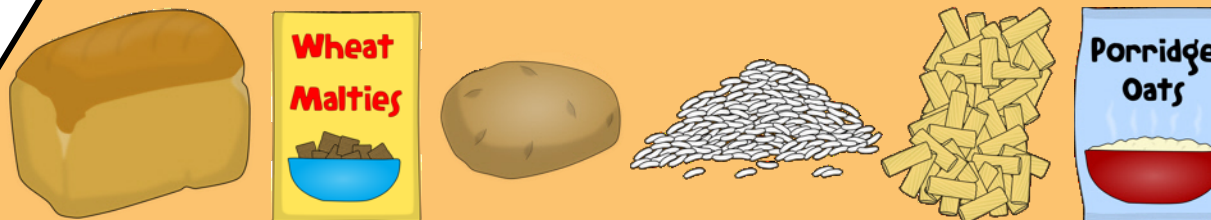
Milk, Cheese and Yogurt

5 portions



Fruit and Vegetables

6 or more portions



Bread, Cereals,
Potatoes

