

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

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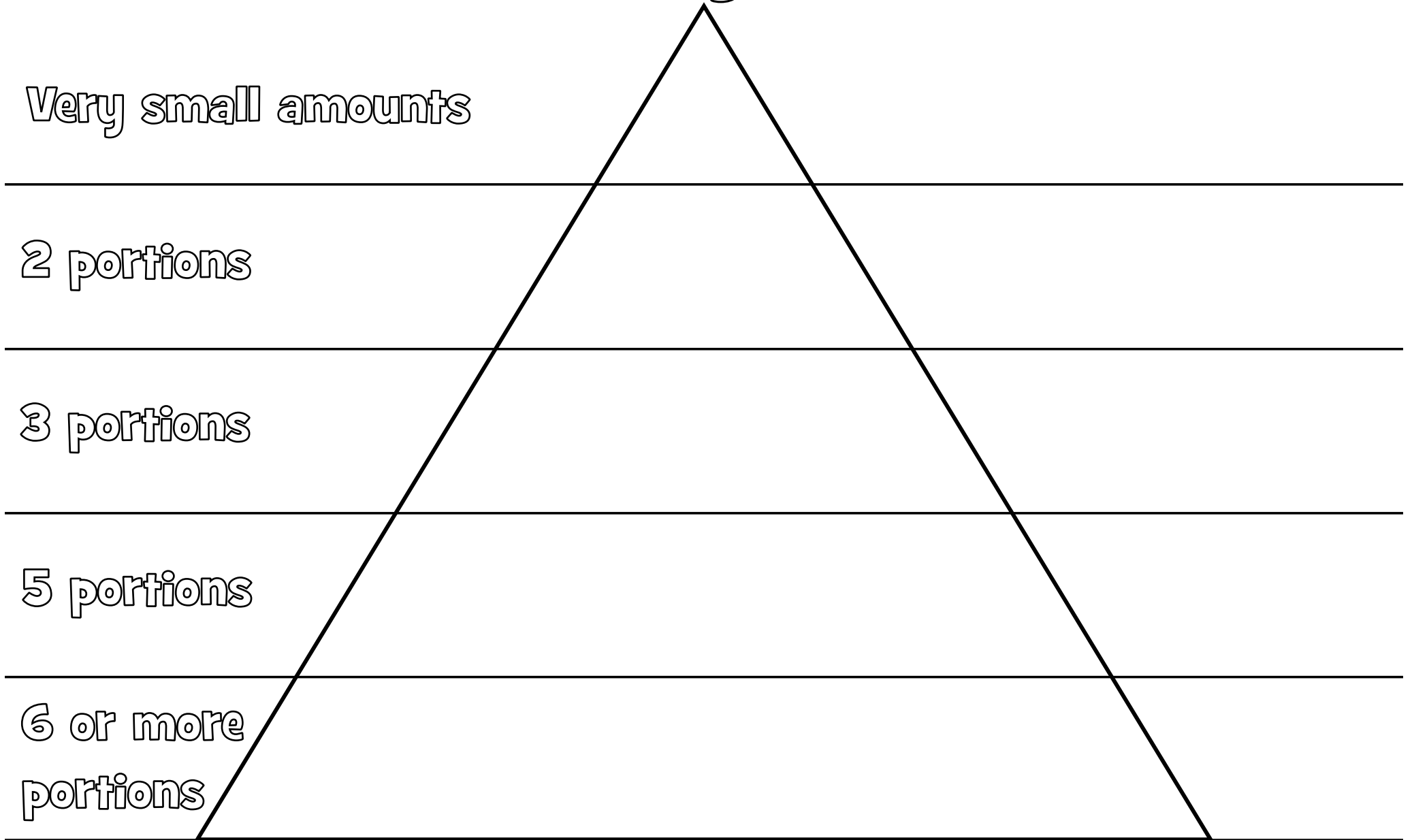
Very small amounts

2 portions

3 portions

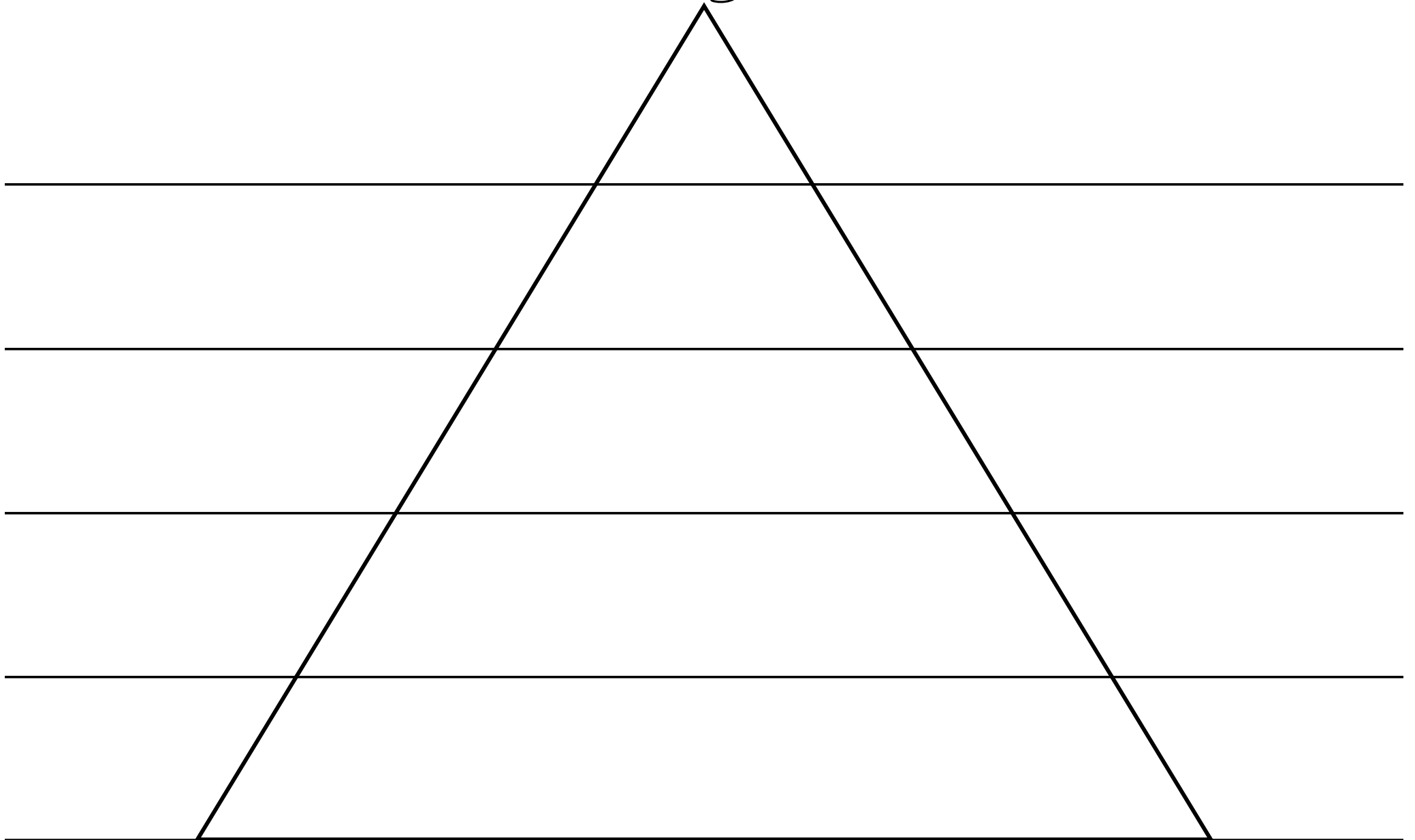
5 portions

6 or more
portions

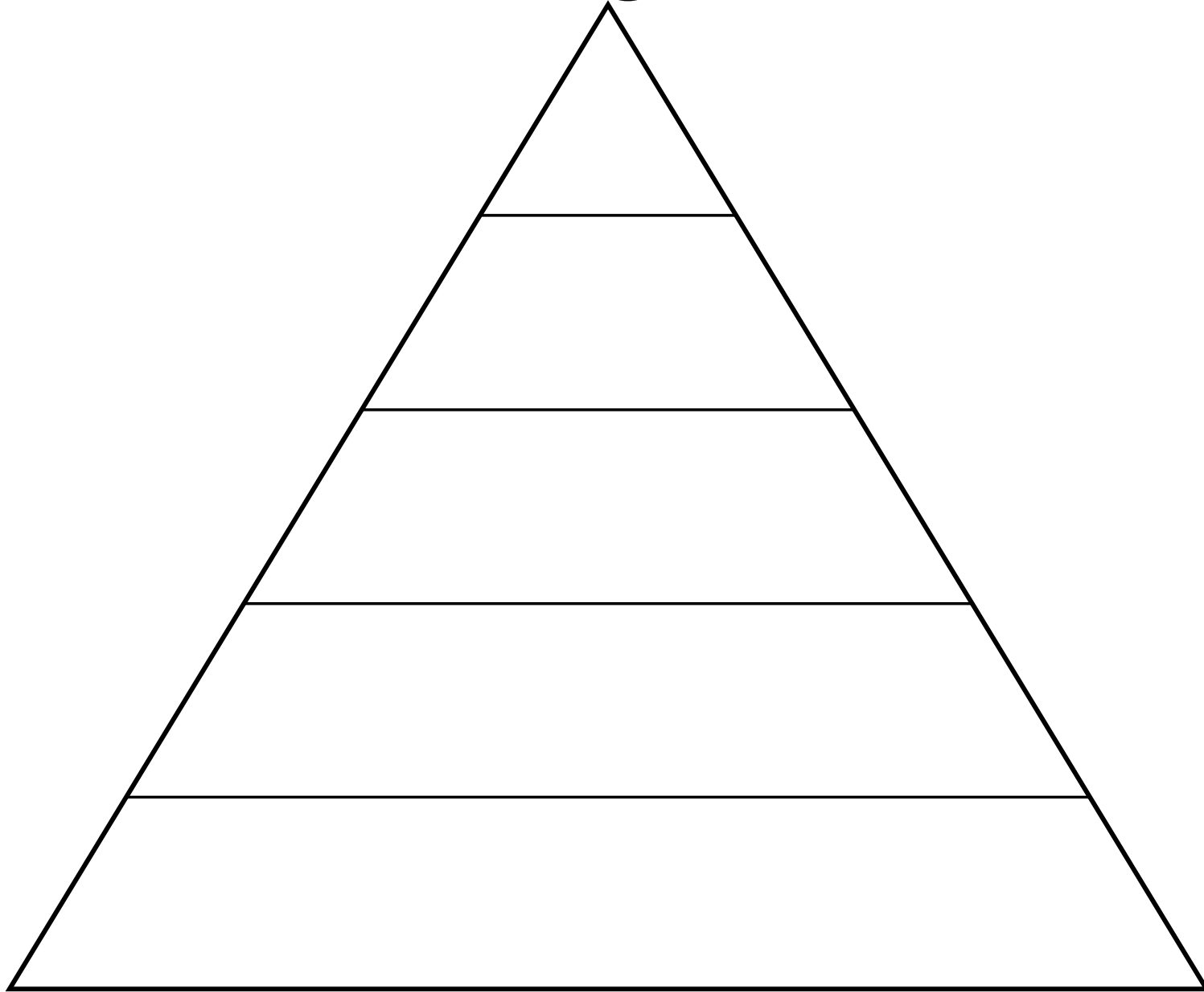


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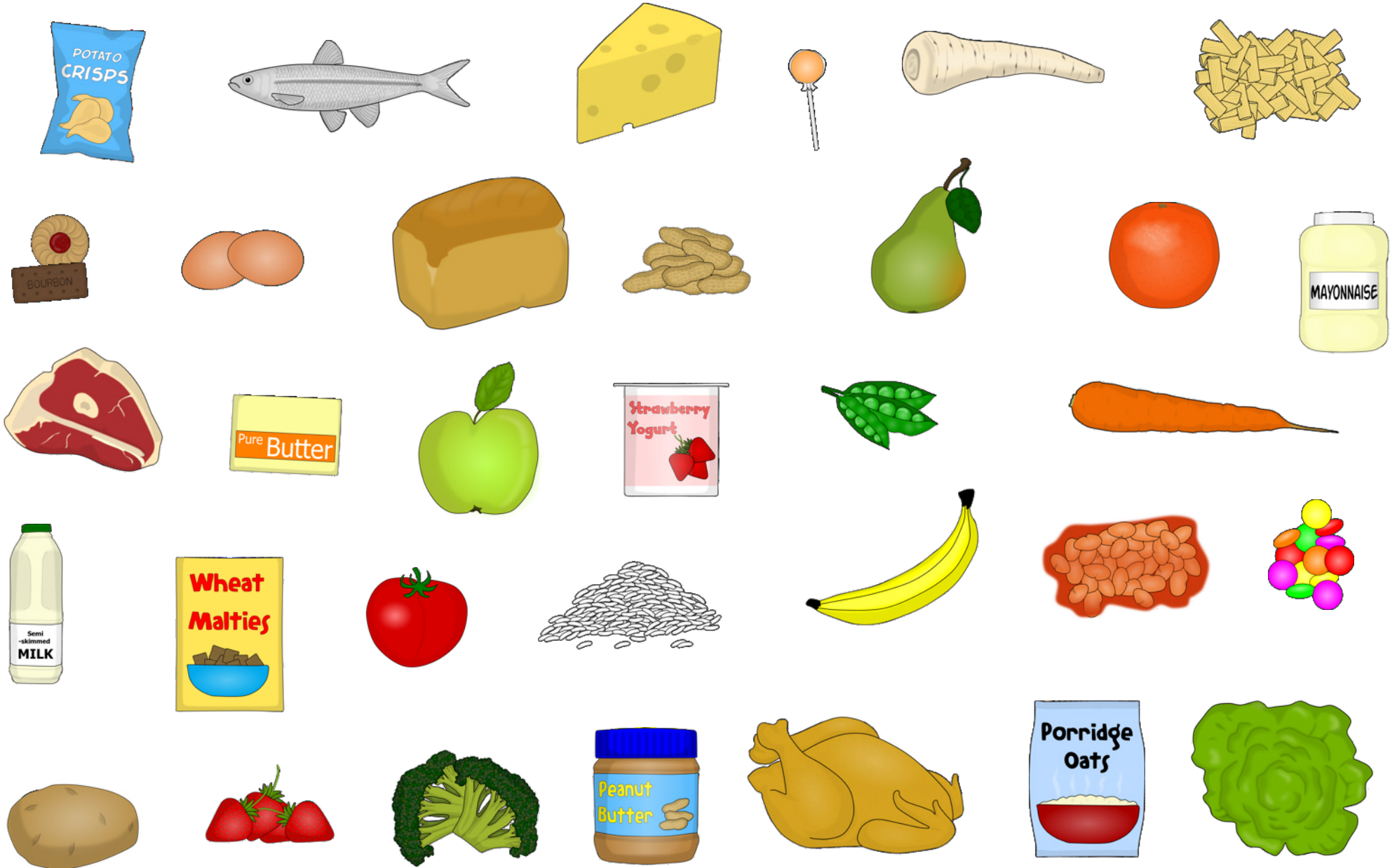
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Make a Food Pyramid



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