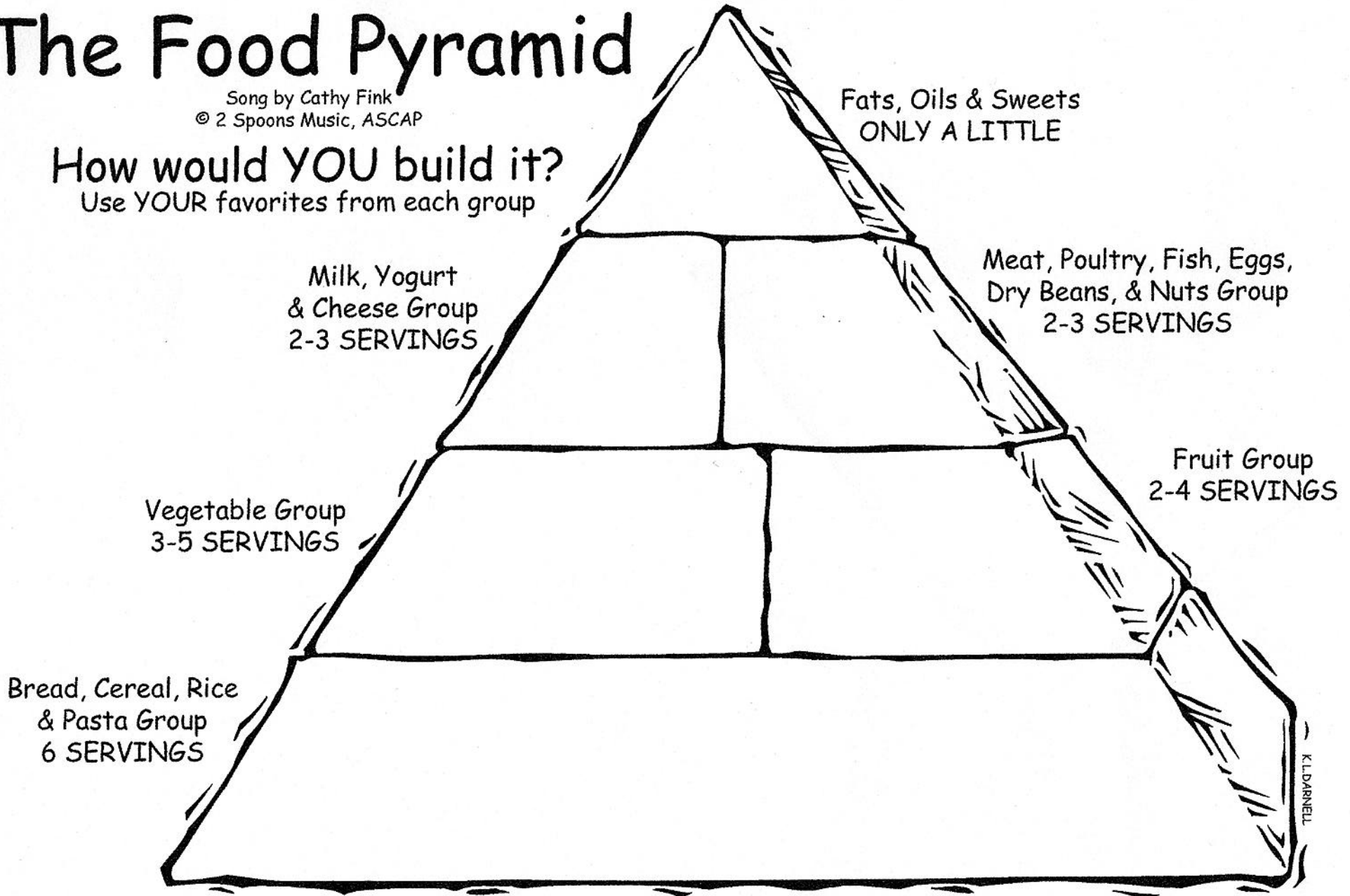


The Food Pyramid

Song by Cathy Fink
© 2 Spoons Music, ASCAP

How would YOU build it?
Use YOUR favorites from each group



The higher you go, the less you need
on the food pyramid

Remember - a serving is smaller than you think.