

Food Pyramid Showdown

How many servings of
Bread and Cereal
should you have?

How many servings of
Meat and Protein
should you have?

How many servings of
Milk and Dairy
should you have?

How many servings of
Fruits
should you have?

How many servings of
Vegetables
should you have?

Which food group?
peanut butter

Which food group?
rice

Which food group?
yogurt

Which food group?
eggs

Which food group?
cheese

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Which food group?

fish

Which food group?

butter

Which food group?

mayonnaise

Which food group?

dried beans

Which food group?

green beans

Which food group?

potato

Which food group?

broccoli

Which food group?

pasta

Which food group?

corn muffin

Which food group?

banana

Food Pyramid Showdown

Which food group?

cherries

Which food group?

cookies

Which food group?

rolls

Which food group?

turkey

Which food group?

tomato

Which food group?

tortilla

Which food group?

cantaloupe

Which food group?

carrot

Which food group?

ice cream

Which food group?

oatmeal