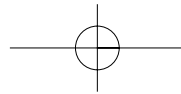


# The Food Pyramid

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Consulting Editor  
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**ABDO**  
Publishing Company



Rondeau, Amanda, 1974-

The food pyramid / Amanda Rondeau.

p. cm. -- (What should I eat?)

Includes index.

Summary: A simple introduction to the six foods groups and the importance of good nutrition.

ISBN 1-57765-832-9

1. Food--Juvenile literature. 2. Nutrition--Juvenile literature. [1. Food. 2. Nutrition.] I. Title.

TX355 .R66 2002

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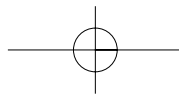
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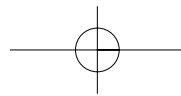




What is the food pyramid?

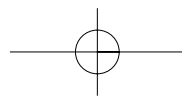


3





\*For suggested serving sizes, see page 23.



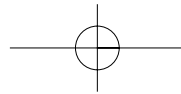
It helps us know  
how to eat right.

Eating right helps us  
stay healthy.

There are 6 food groups  
in the pyramid.



5



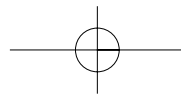


are grains, fruits,  
vegetables, protein,  
and milk.

We should eat foods  
from each of these groups  
every day.



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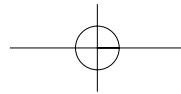
gives us different vitamins  
and minerals.

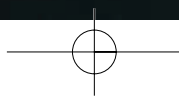
Our bodies need  
many kinds of vitamins  
and minerals.

It is good to eat foods  
from all of the main food  
groups.



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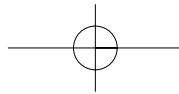
and sweets.

These foods taste good,  
but they are not good for  
us.

We should eat less of  
them.



11





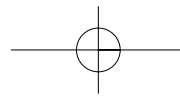
cookies are in the fats and sweets group?

It is okay to eat these foods for special treats.

We should not eat them all the time.



13



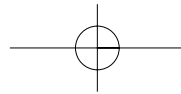


gives us energy to learn?

Eating healthy foods helps us pay attention and gives our brains energy.



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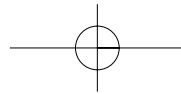


gives us energy to play?

Our hearts and lungs need good foods to grow and stay strong.



17



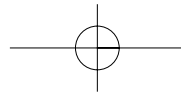


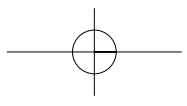
gives us energy to grow?

Our bones need food to  
grow stronger and bigger.



19



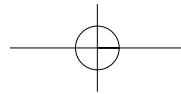


each food group?

What is your favorite food  
in each food group?



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fats, pp. 11, 13

food pyramid,  
pp. 3, 5

grains, p. 7

sweets, pp. 11, 13

vegetables, p. 7

vitamins, p. 9

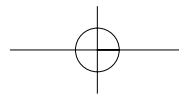
## Glossary

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**energy** the ability to work or play hard without getting tired

**grain** seeds of cereal plants, like rice and wheat

**protein** a substance found in all plant and animal cells



Vegetable

1 cup of raw leafy vegetables

½ cup of other vegetables, cooked or chopped raw

¾ cup of vegetable juice

Fruit

1 medium apple, banana, or orange

½ cup of chopped, cooked, or canned fruit

¾ cup of fruit juice

Milk, Yogurt, and Cheese

1 cup of milk or yogurt

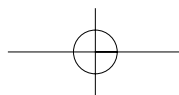
1½ ounces of natural cheese

2 ounces of process cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2–3 ounces of cooked lean meat, poultry, or fish

½ cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat.  
2 tablespoons of peanut butter or ⅓ cup of nuts count as 1 ounce of meat.





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