

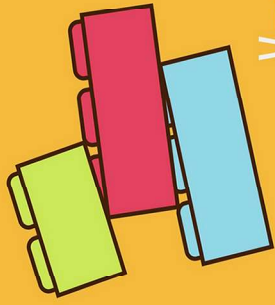
# FOOD PYRAMID

[preschoolern.com](http://preschoolern.com)

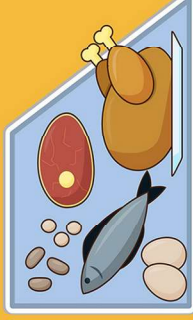
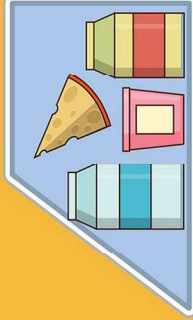
FOR

# KIDS

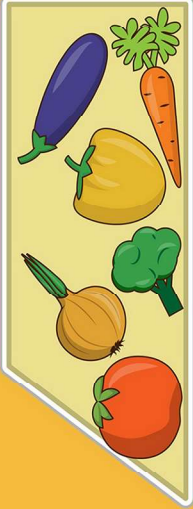
# 5 B's



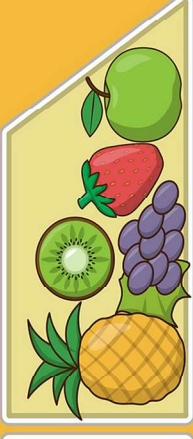
Dairy  
2 servings



Meat, Fish, Beans  
2 servings



Vegetables  
3 servings

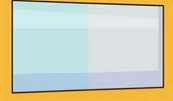
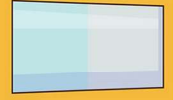


Fruit  
2 servings



Grain Group  
6 servings

Fats, oils, sweets  
eat seldom



Water  
unlimited