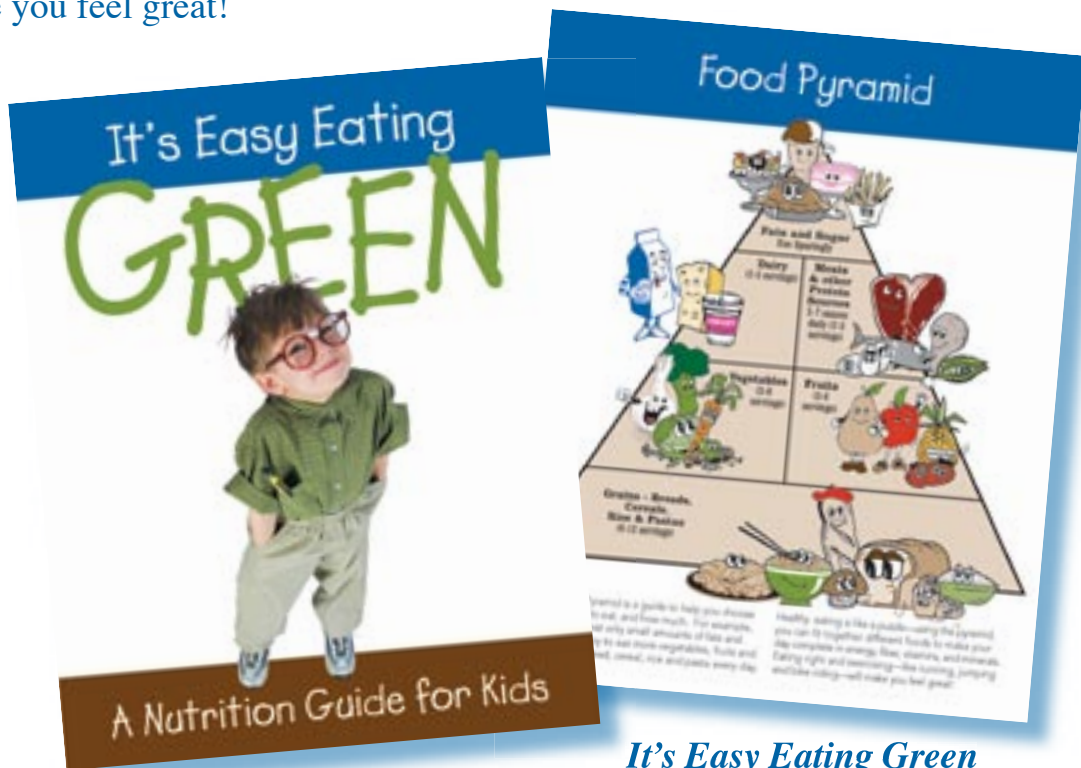


# It's Easy Eating Green

*A Nutrition Guide for Kids*

The Food Pyramid is a guide to help you choose what foods to eat, and how much. For example, you should eat only small amounts of fats and sugars, and try to eat more vegetables, fruits and things like bread, cereal, rice and pasta every day. Healthy eating is like a puzzle using the pyramid, you can fit together different foods to make your day complete in energy, fiber, vitamins, and minerals. Eating right and exercising like running, jumping and bike riding will make you feel great!



*It's Easy Eating Green*

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