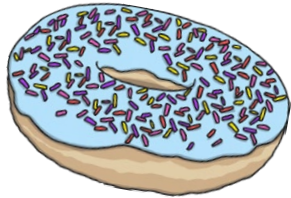
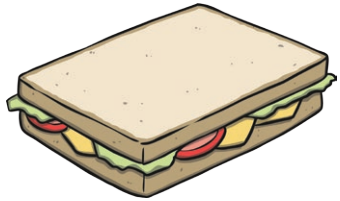


# My Healthy Diet

Find out what makes a healthy diet. Compare your food pyramid with the healthy diet pyramid. Do you have a healthy diet?



Foods I should rarely eat.

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Foods I should sometimes eat.

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Foods I should often eat.

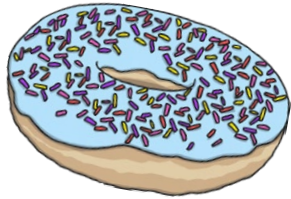
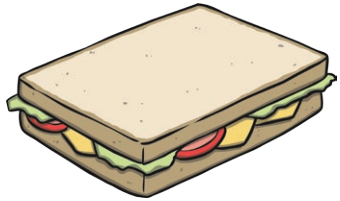
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# My Food Pyramid

Find out what makes a healthy diet. Compare your food pyramid with the healthy diet pyramid. Do you have a healthy diet?



Foods I rarely eat.

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Foods I sometimes eat.

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Foods I often eat.

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