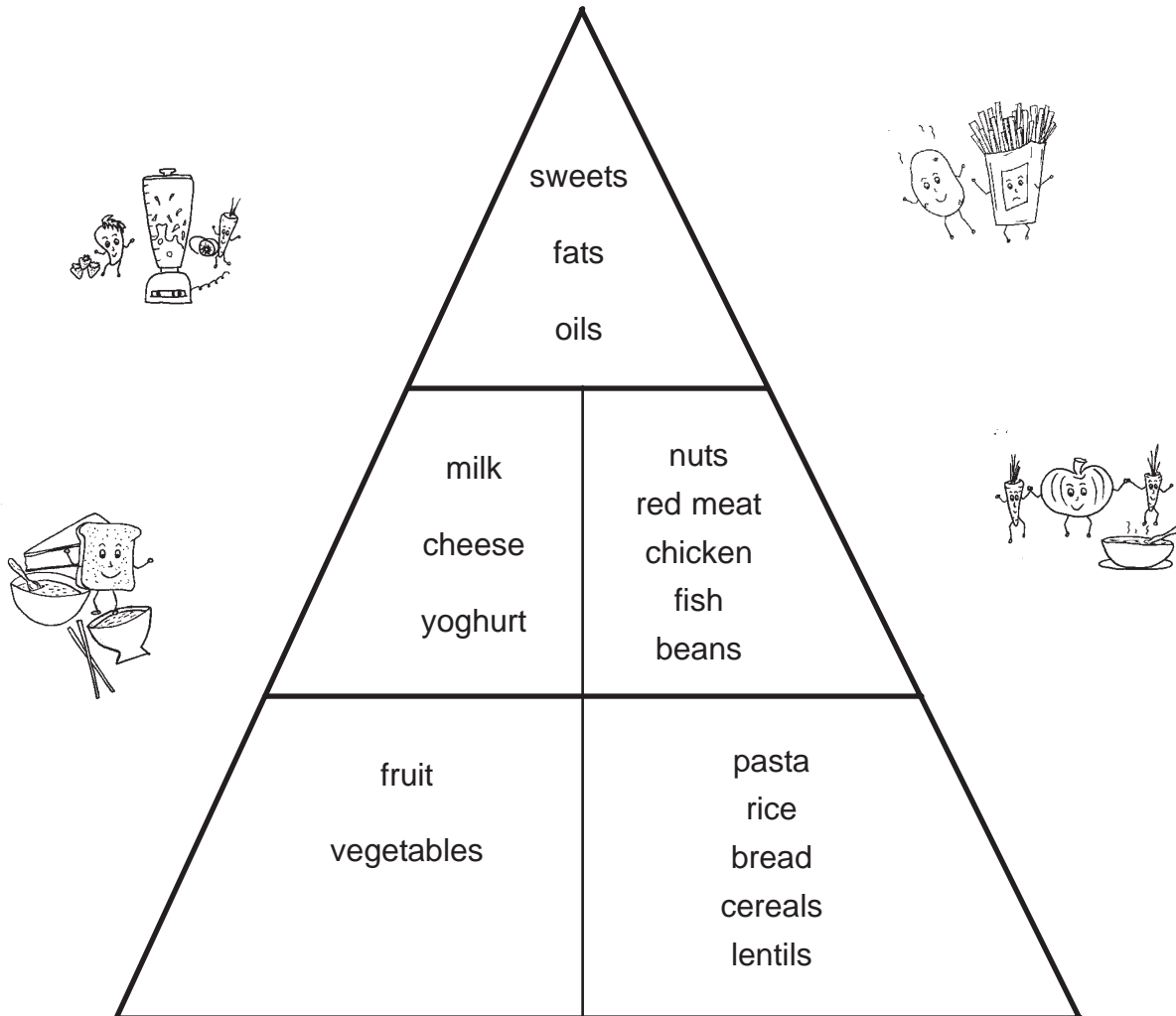


# FOOD PYRAMID



Bottom layers Foods you should eat lots of, the biggest part of your diet.

Middle layers Foods you should eat some of, but not too much.

Top layer Foods you should only eat occasionally. They contain lots of sugar & fat, but little or no vitamins, minerals, or fibre. They should be viewed as treats only, to be eaten when you have had your daily requirement of groups 1 and 2.

