

HEALTHY LIVING PYRAMID

Eat in Small Amounts

Oil Margarine
Reduced-fat spreads Butter Sugar

Eat Moderately

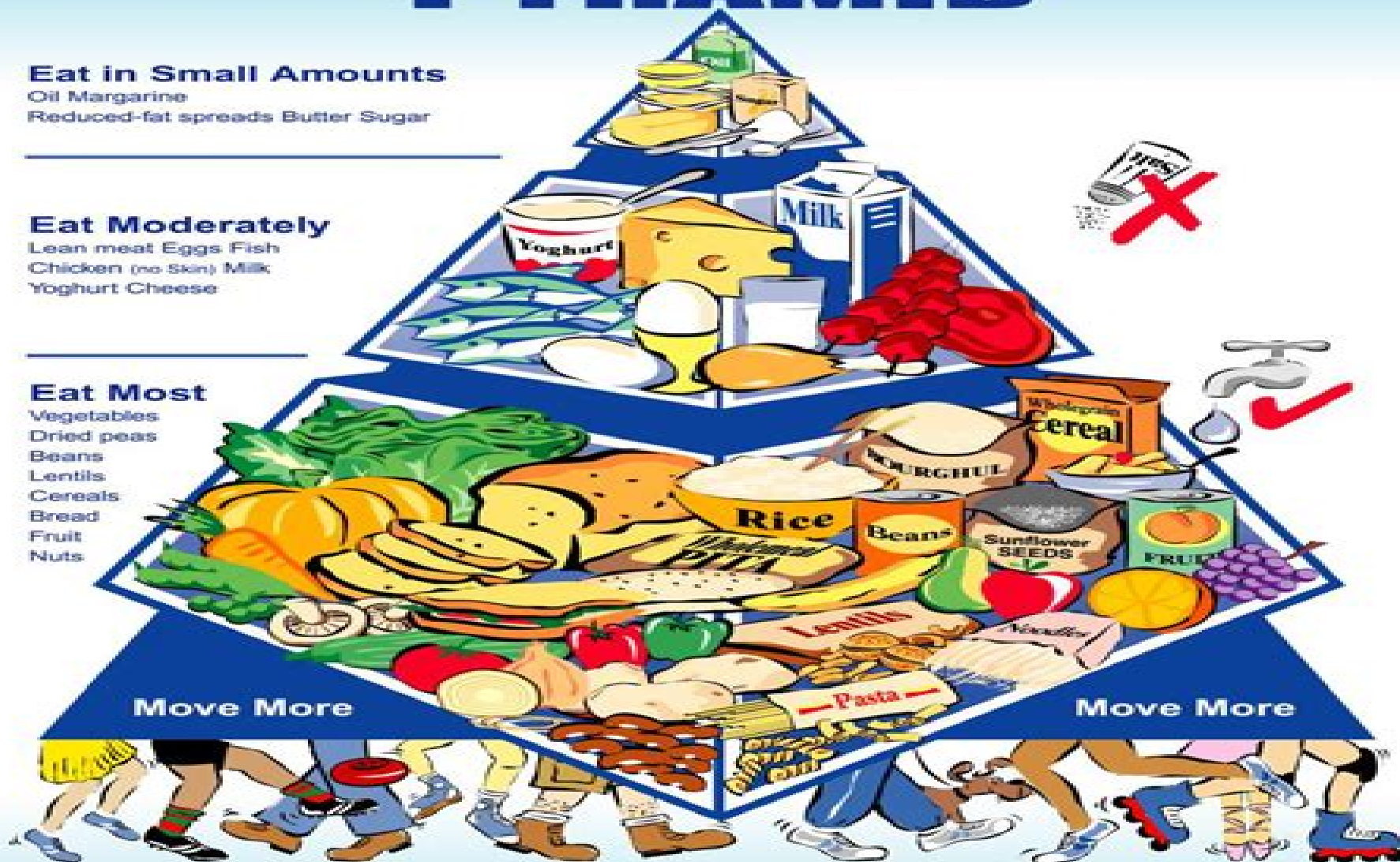
Lean meat Eggs Fish
Chicken (no Skin) Milk
Yoghurt Cheese

Eat Most

Vegetables
Dried peas
Beans
Lentils
Cereals
Bread
Fruit
Nuts


Move More

Move More



The Guide To Healthy Living

**Jodie Shield, M.Ed., R.D, Mary
Catherine Mullen, M.S., R.D**



The Guide To Healthy Living:

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