

Picture of finished book.

Fats, Oils, & Sweets  
Use Sparingly

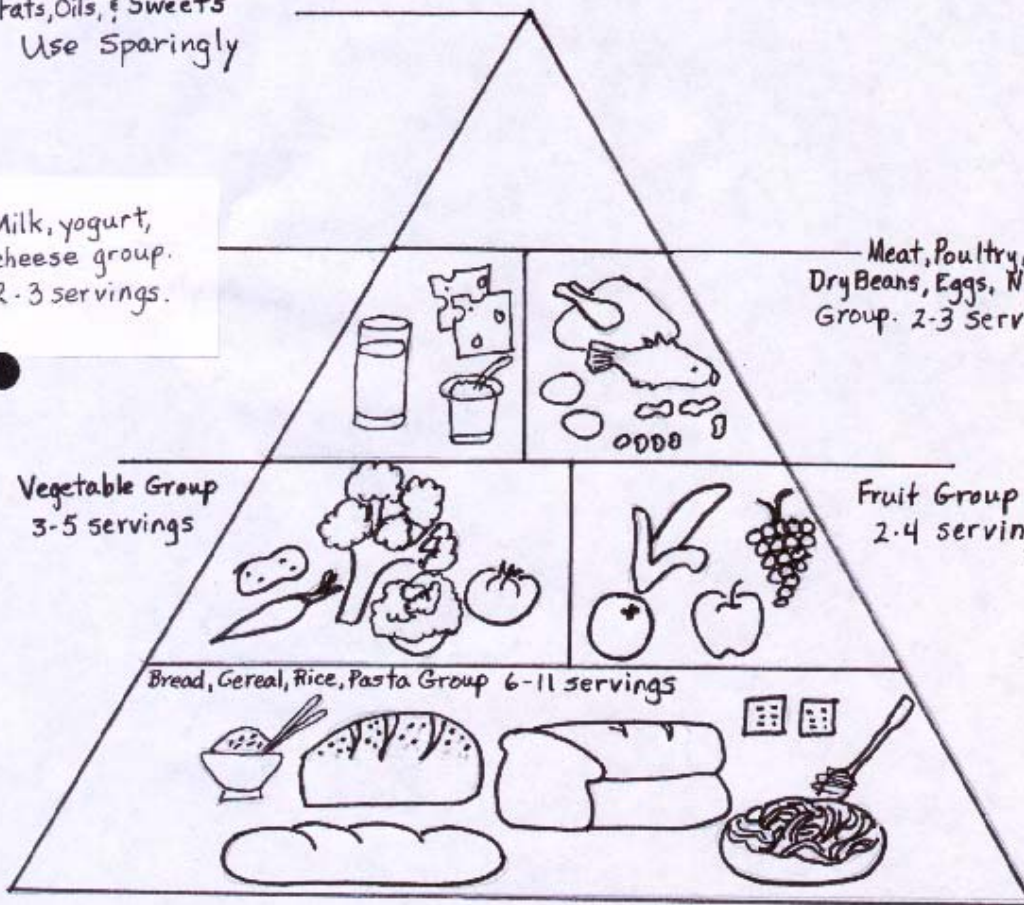
Milk, yogurt,  
cheese group.  
2-3 servings.

Meat, Poultry, Fish,  
Dry Beans, Eggs, Nuts  
Group. 2-3 Servings

Vegetable Group  
3-5 servings

Fruit Group  
2-4 servings

Bread, Cereal, Rice, Pasta Group 6-11 servings



Name \_\_\_\_\_

Date \_\_\_\_\_

# Plan a perfect picnic!

