

Picture of finished book.

Fats, Oils, & Sweets
Use Sparingly

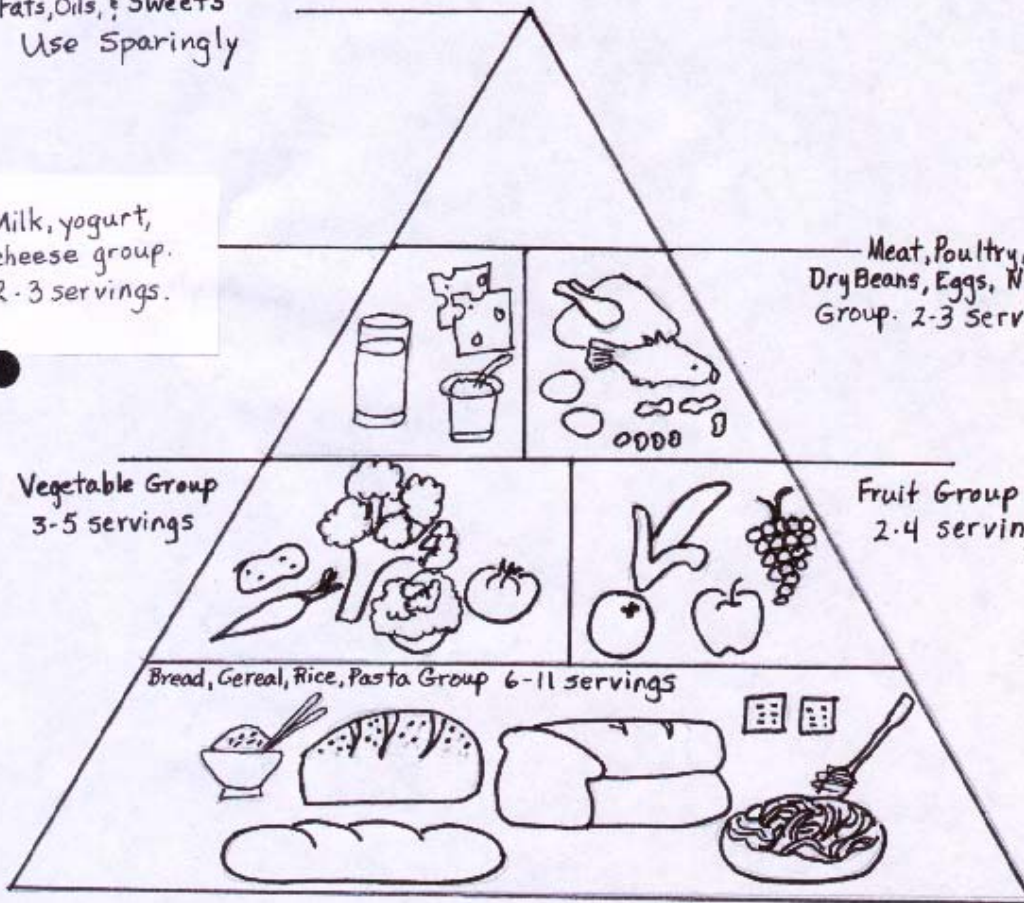
Milk, yogurt,
cheese group.
2-3 servings.

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!

