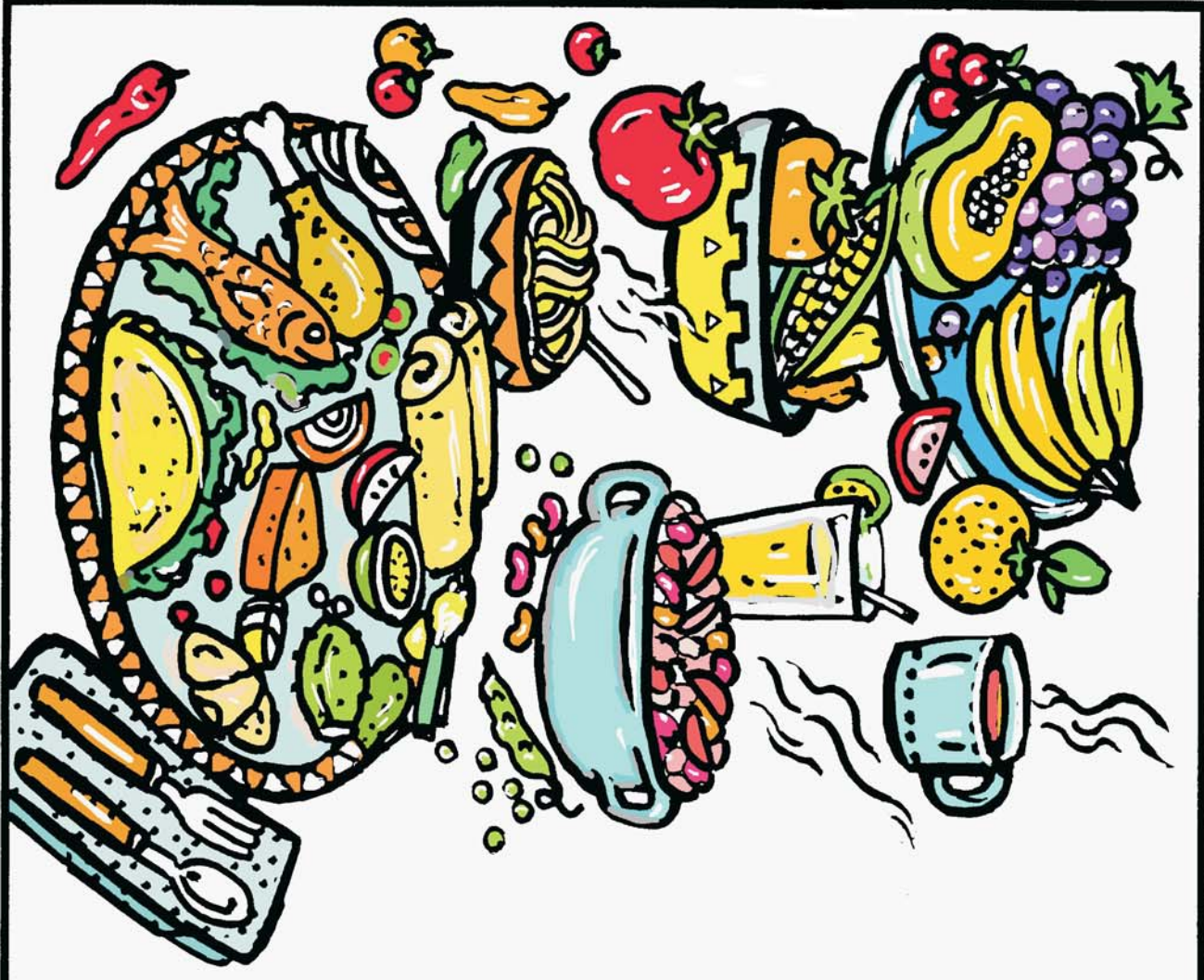


# HEALTHY FOODS

This is one way to eat healthy.  
Where do you find these foods  
in the Food Guide Pyramid?



Graphics by Mary Connors 2001

Visit our website: <http://web.aces.uiuc.edu/wellnessways/>



UNIVERSITY OF ILLINOIS  
EXTENSION