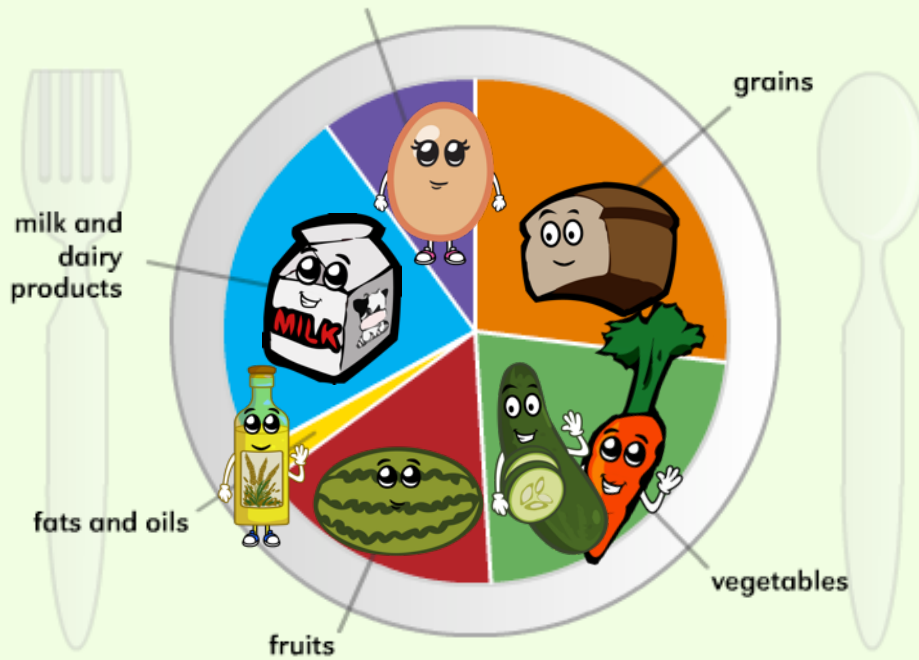


The Food Pyramid



meat, beans, fish, and nuts



Balanced Meal



Visit www.ChefSolus.com for healthy foods, creating balanced meals and being active, nutrition education games, puzzles, activities and more!
Copyright © Nourish Interactive, All Rights Reserved

