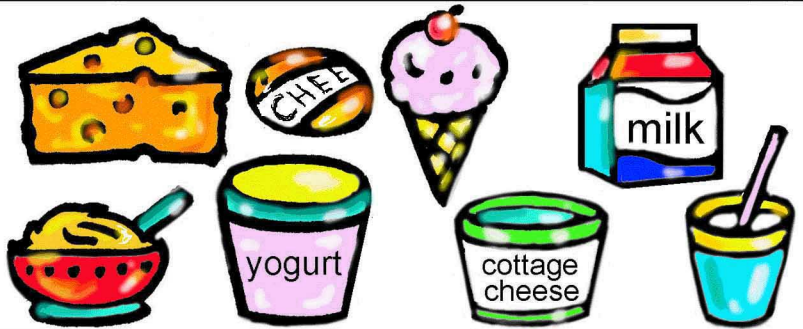


Food Guide Pyramid Bookmarks

**Milk, Yogurt, &
Cheese Group**

2 - 3 servings



Fats, Oils & Sweets

Use sparingly



Design your own food bookmarks below.

Blank space for designing a food bookmark.

Blank space for designing a food bookmark.