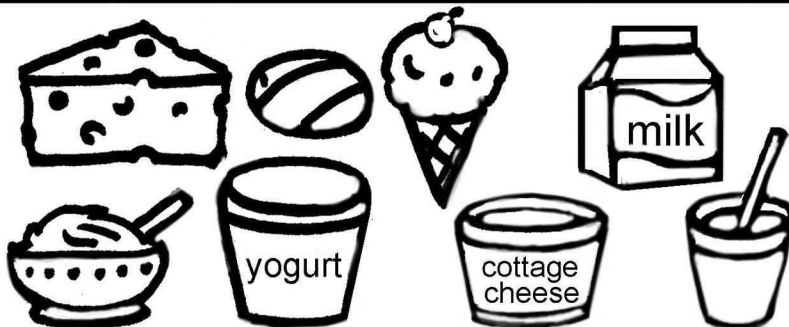


Food Guide Pyramid Bookmarks

**Milk, Yogurt, &
Cheese Group**

2 - 3 servings



Fats, Oils & Sweets

Use sparingly



Design your own food bookmarks below:



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

Extension Website: <http://web.aces.edu/wellnessways>

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