

# DAILY FOOD GUIDE PYRAMID

## ***Dear Parents and Guardians:***

You can reinforce what your child has been learning in school about healthy eating.

- Serve food from all Five Food Groups in your home.
- Model good eating. Select a healthy diet for yourself that includes all the food groups.
- Encourage your child to eat foods from all Five Food Groups **every day**.

***Help your children develop healthy eating habits now.  
It's a gift you give them for a lifetime.***

