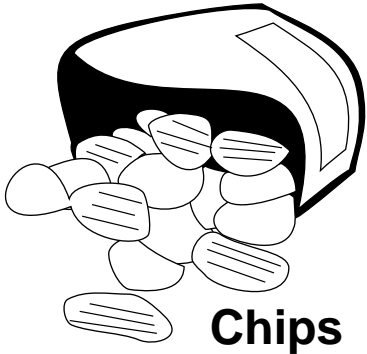
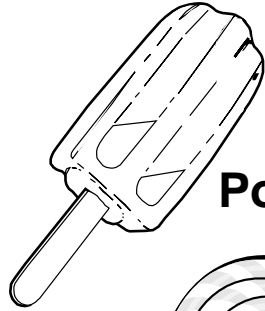


Oils, Fats & Sweets

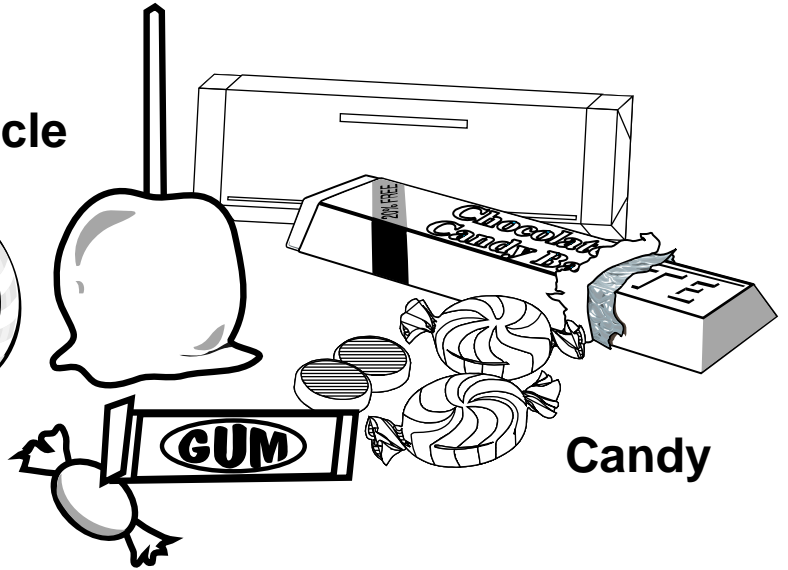
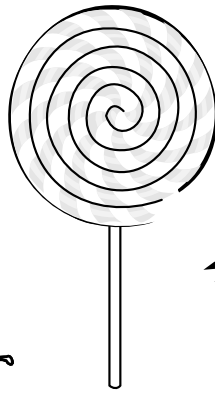
The foods in the tip-top level of the Pyramid contain little or no nutrients for your body. This is why it is the smallest part on the Pyramid, to remind you that you should try not to eat too many foods from this group.



Chips



Popsicle



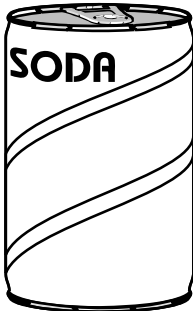
Candy



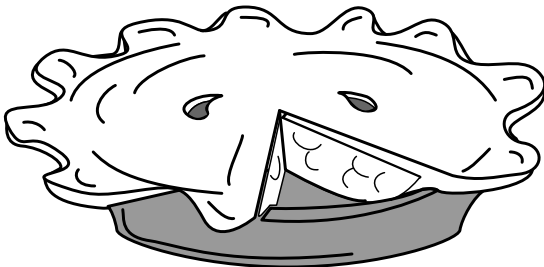
Cake



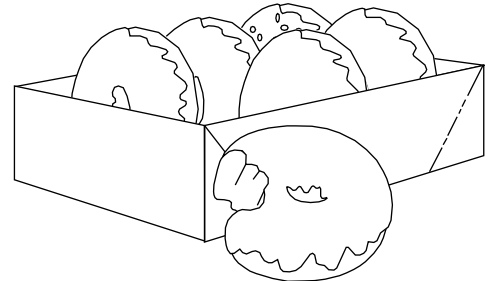
Cookies



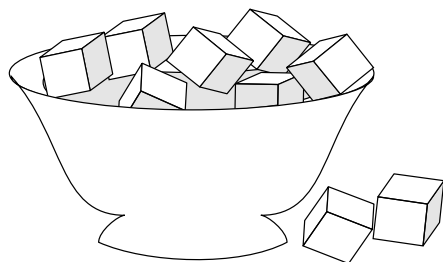
Soft Drink



Pie

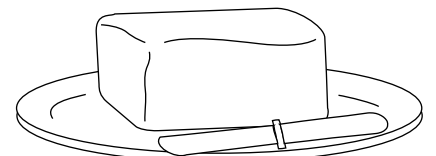


Doughnuts



Sugar

**Oils,
Dressings,
Jams &
Syrups**



Butter or Margarine