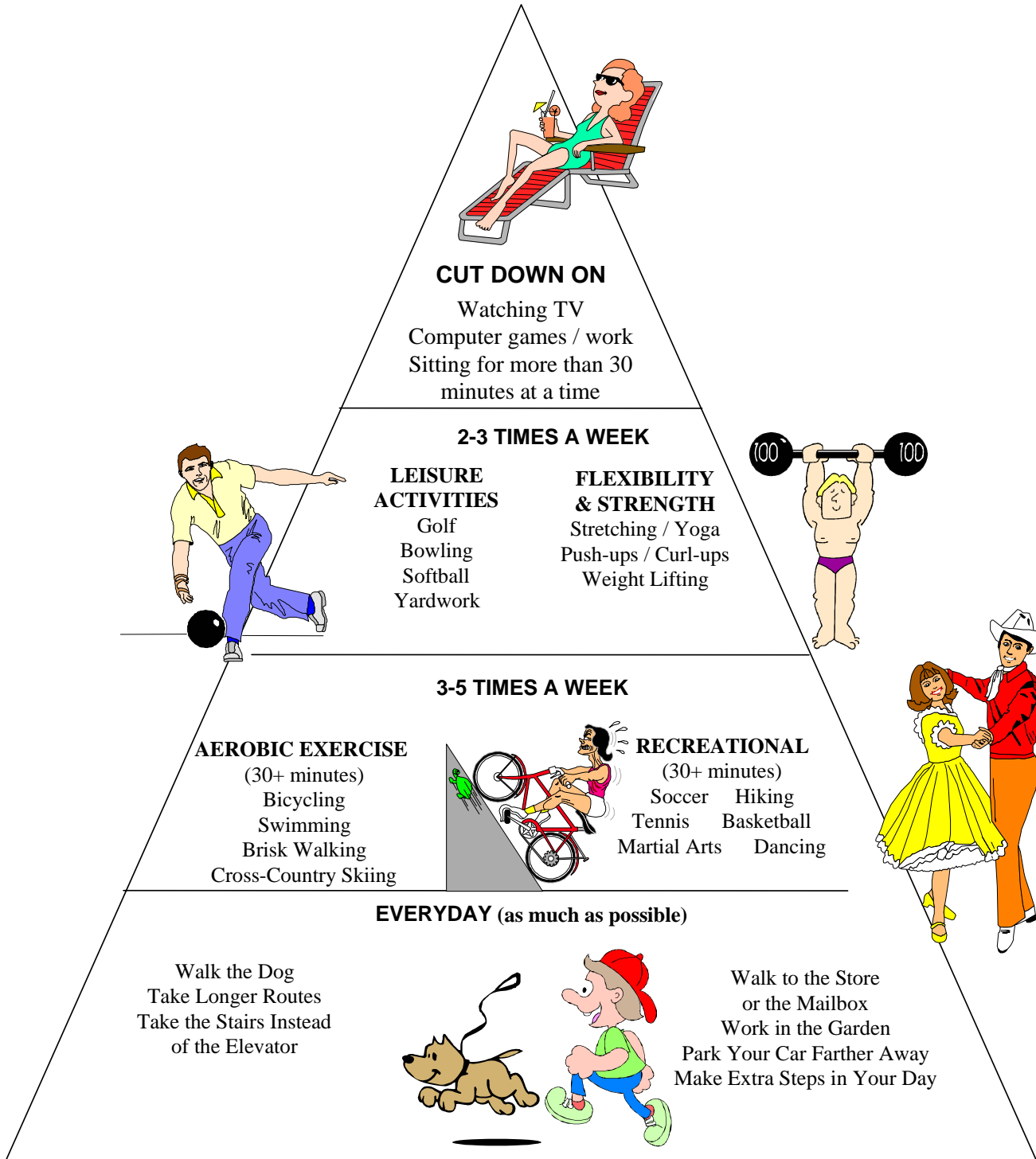


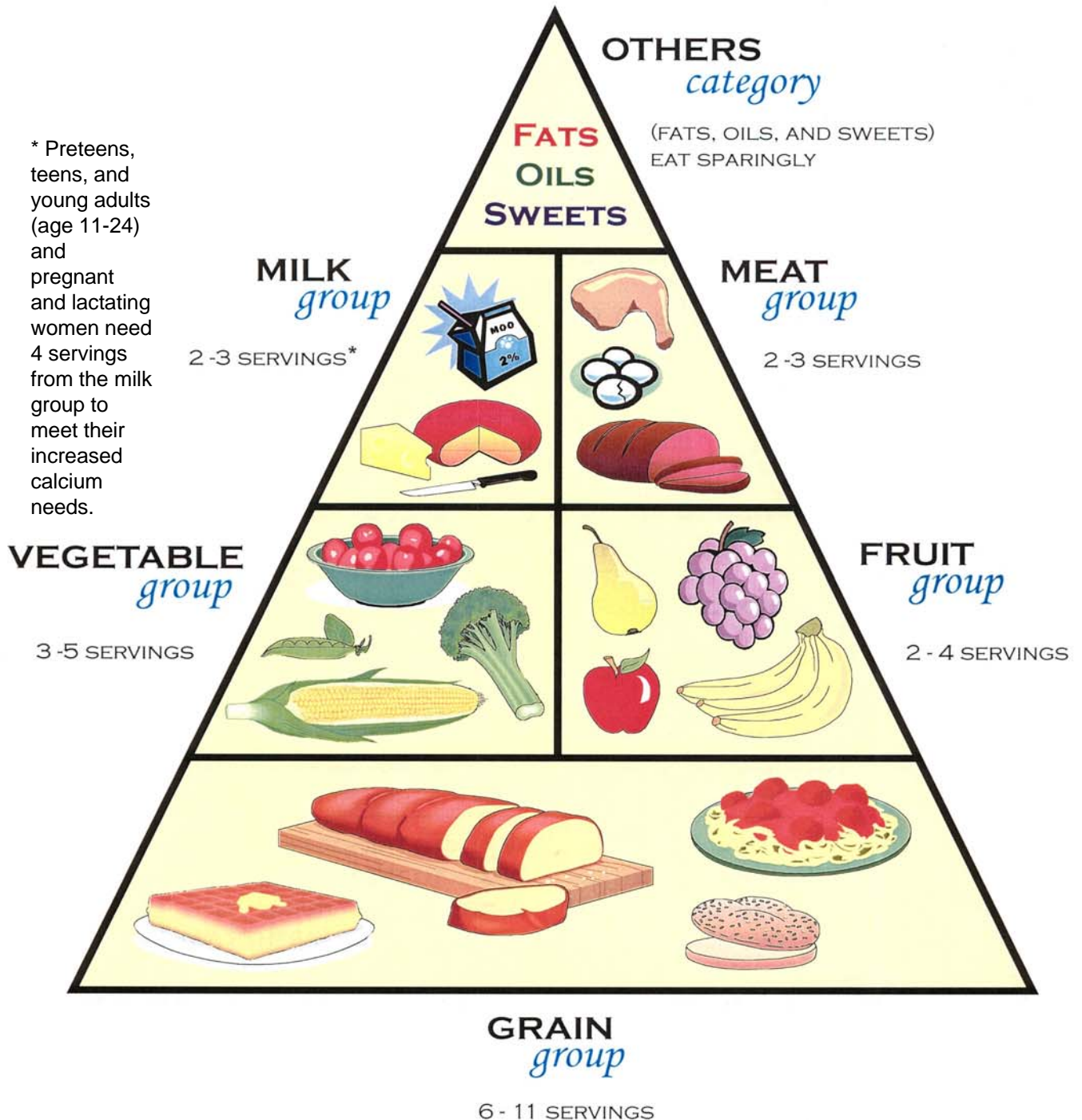
ACTIVITY PYRAMID



Public Health
 North Central District Health Department
 215 10th Street, Lewiston, ID 83501
 (208) 799-3100

DAILY FOOD GUIDE PYRAMID

* Preteens, teens, and young adults (age 11-24) and pregnant and lactating women need 4 servings from the milk group to meet their increased calcium needs.



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