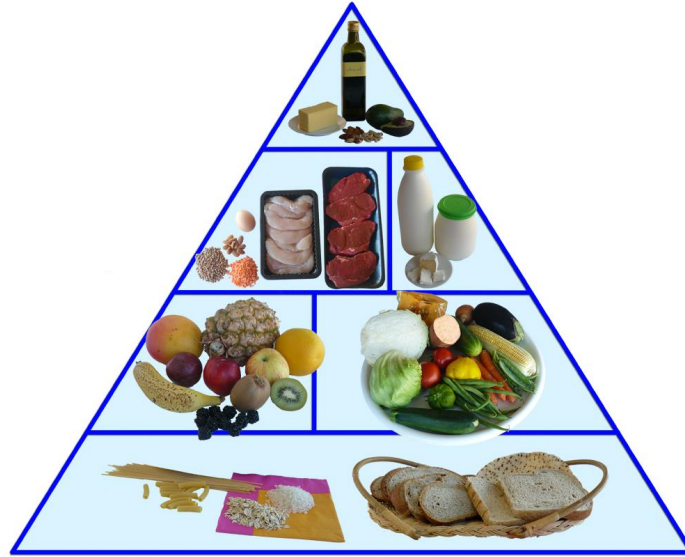


Welcome to the **New Start**  
healthy food and fitness program.

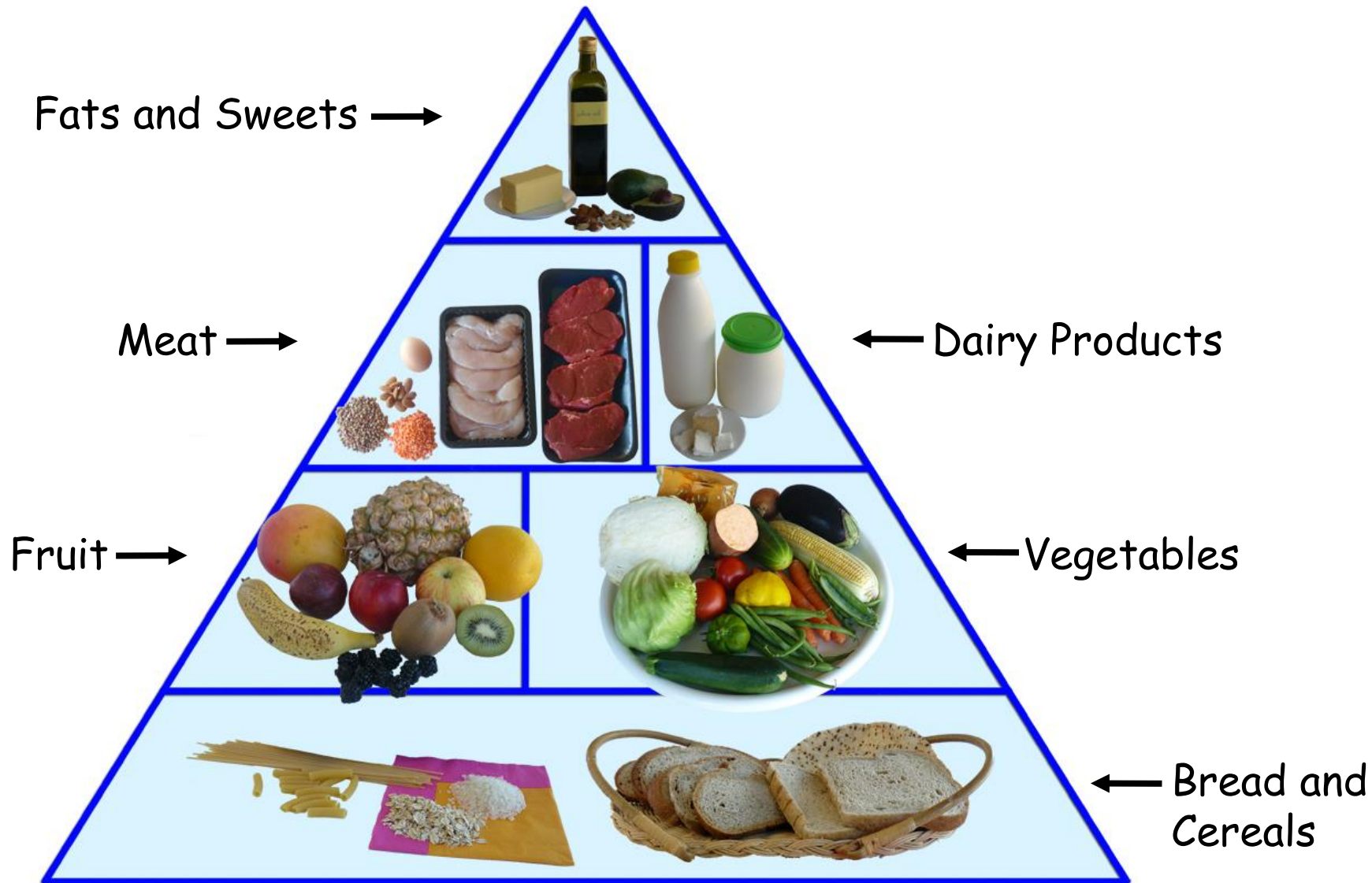


# The Food Pyramid

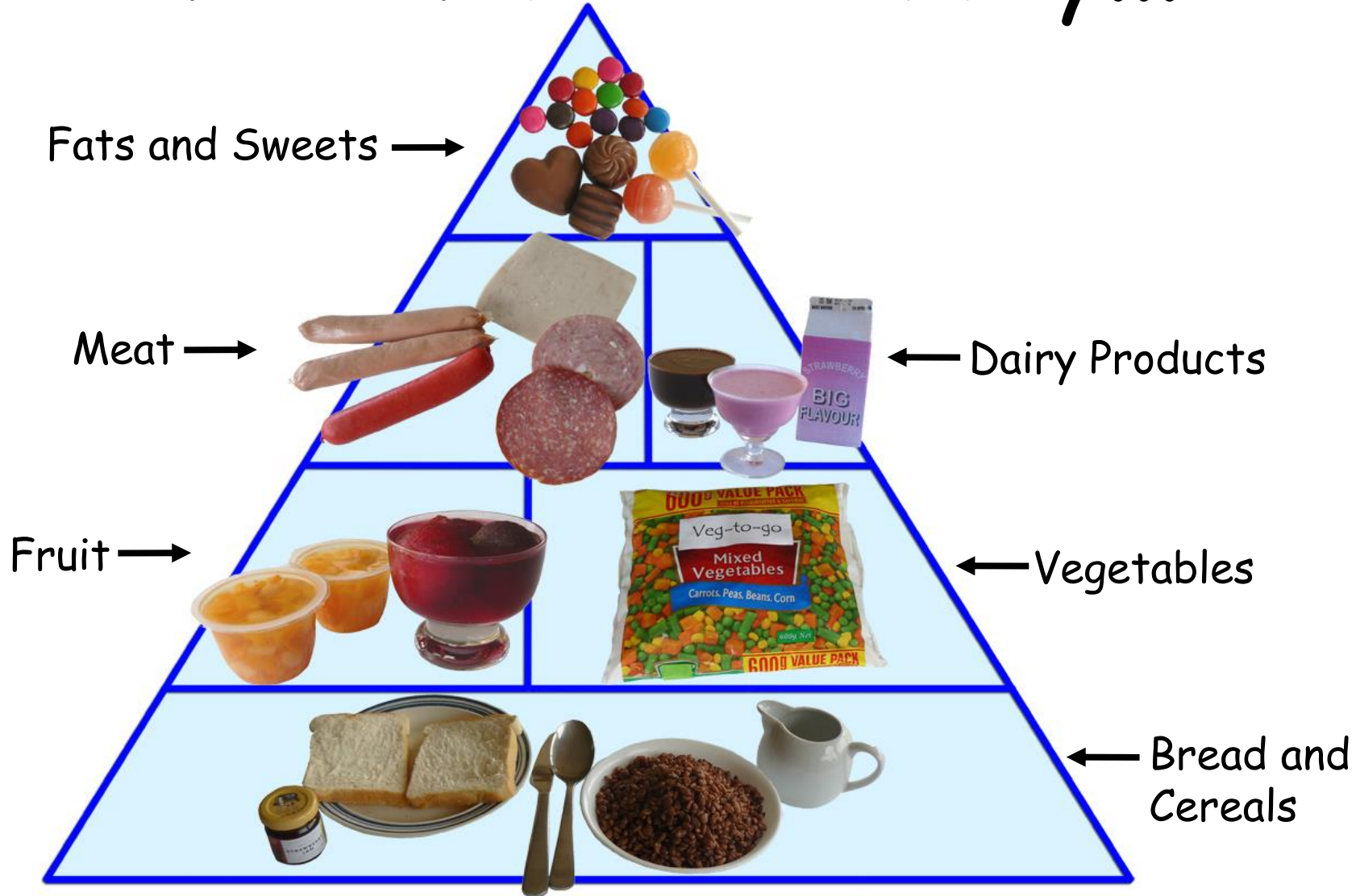


- It helps us to eat a variety of foods.
- It tells us to choose foods from each section every day.

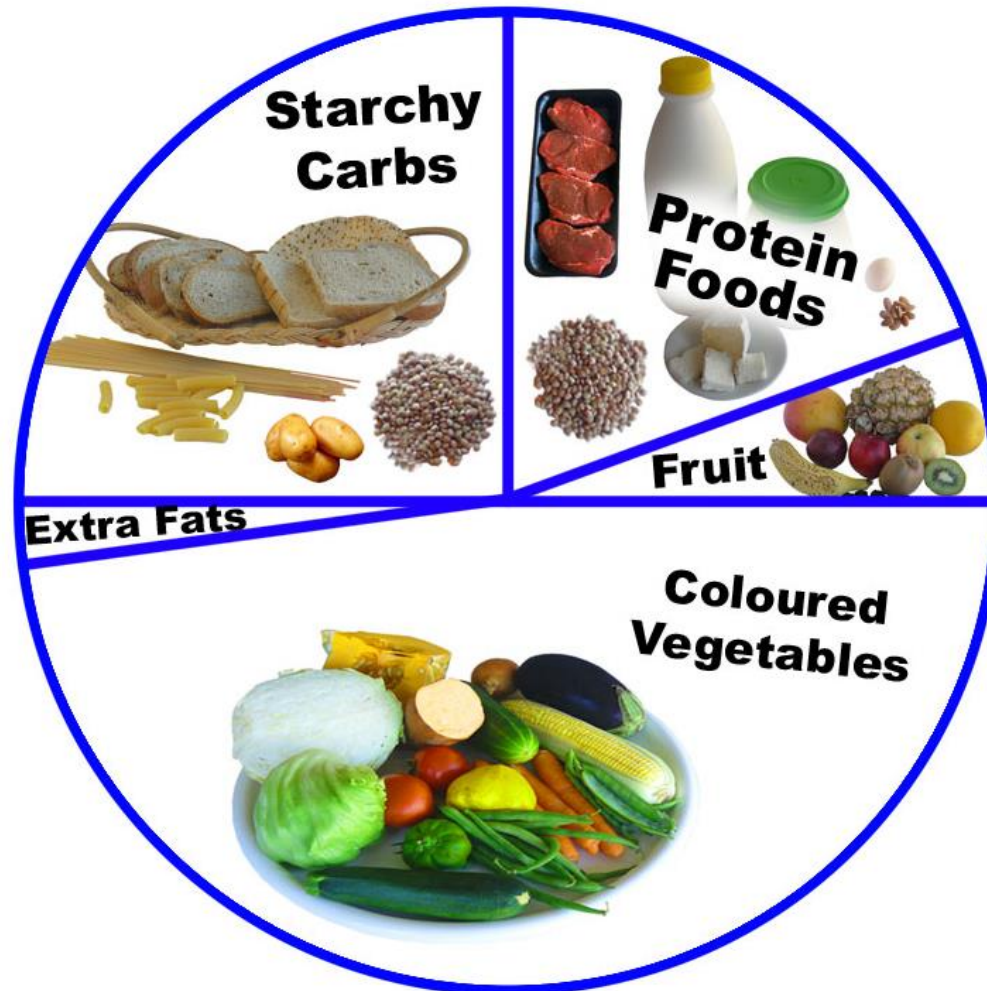
# A healthy food pyramid



# Here is another food pyramid. This one is not-so-healthy...



# The Healthy Food Pie





**S**

2 8 2  
3 3 5  
9 6 2  
**t**

**a**

**r**

**t**

**n**

**e**

**w**

What do the 8 letters  
stand for?



for nutrient







for exercise





for water





S for sunlight



282  
335  
962

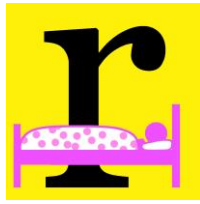
t for toxin free





for air





for rest





for think happy thoughts  
and trust in God

