



**Food Pyramid**

- Eating a variety of foods is the key to good health.
- Remember: eating too much of any one food group isn't healthy.
- Food group labels within show how much to eat from that group.
- Each of the 3 food groups is a different color on the pyramid.

Carbohydrates   Proteins   Fats

• Foods like sugar and starches react with the germs in our mouths to create acid. This acid attacks the teeth and can cause cavities.

# share a smile



The Dr. Samuel D. Harris  
**NATIONAL MUSEUM of DENTISTRY**

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*Funds for the National Museum of Dentistry are administered by the University of Maryland Baltimore Foundation, Inc.*

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