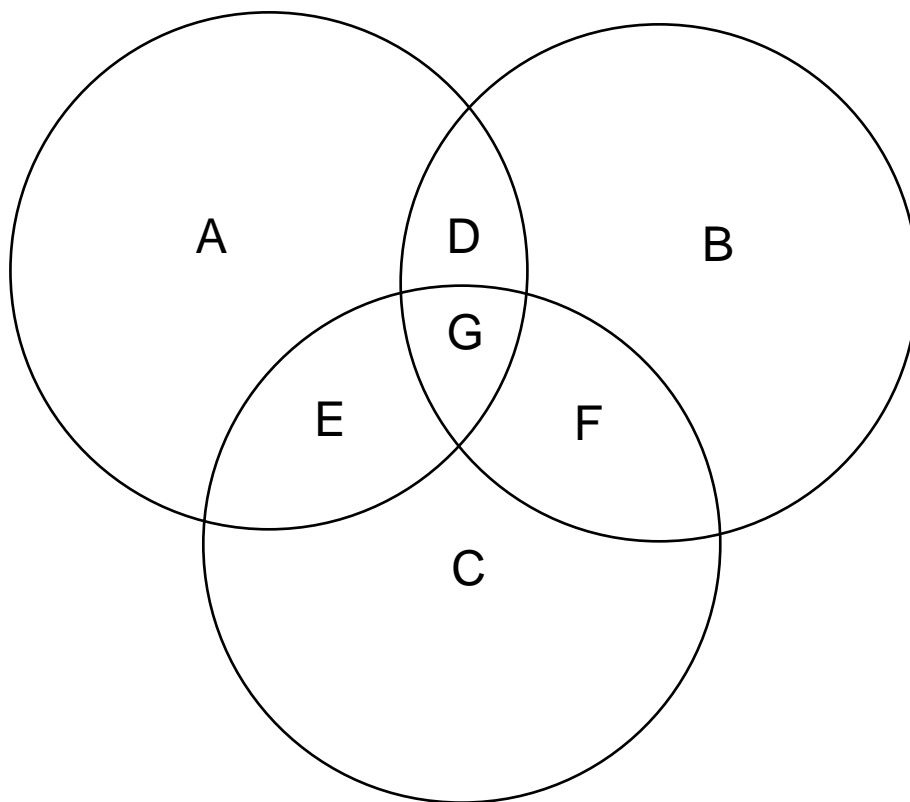


NUTRITION

MY VENN DIAGRAMS

An example Venn diagram of the nutritional composition of foods.

- A Carbohydrates
- B Proteins
- C Fats
- D Carbohydrate + Protein
- E Carbohydrate + Fat
- F Protein + Fat
- G Carbohydrate + Protein + Fat





TEXAS HEART INSTITUTE

Project Heart

Activities for the Classroom

Using categories from the Food Guide Pyramid, create your own Venn diagrams.

NUTRITION

MY VENN DIAGRAMS