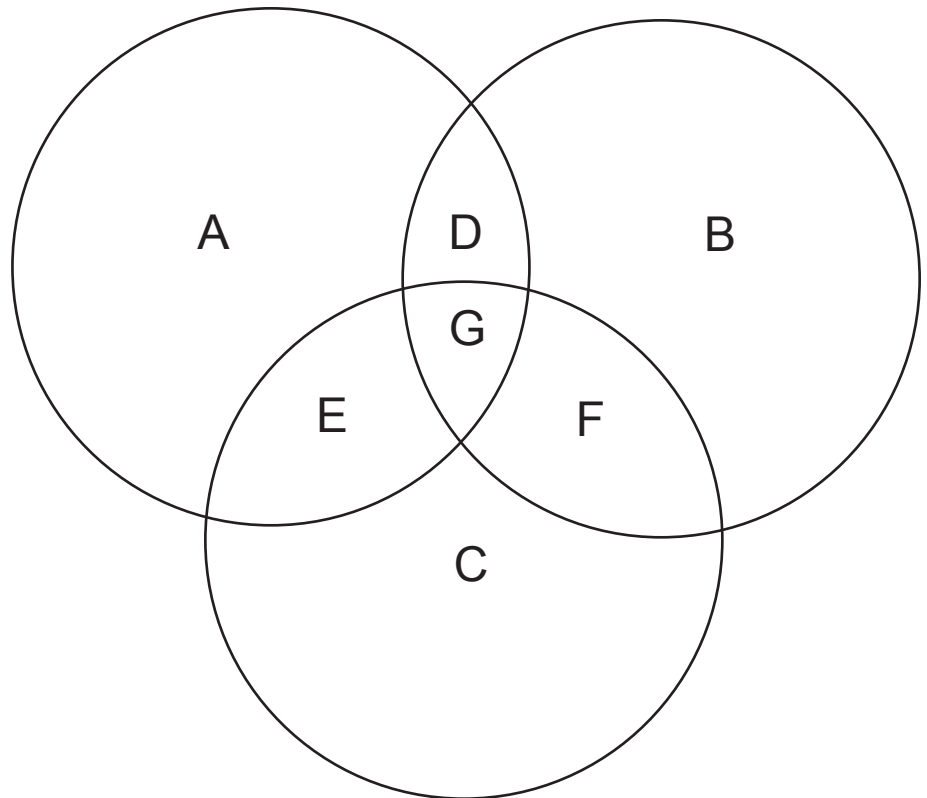


NUTRITION

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

at St. Luke's Episcopal Hospital

Project Heart

Activities for the Classroom

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

NUTRITION

MY VENN DIAGRAMS