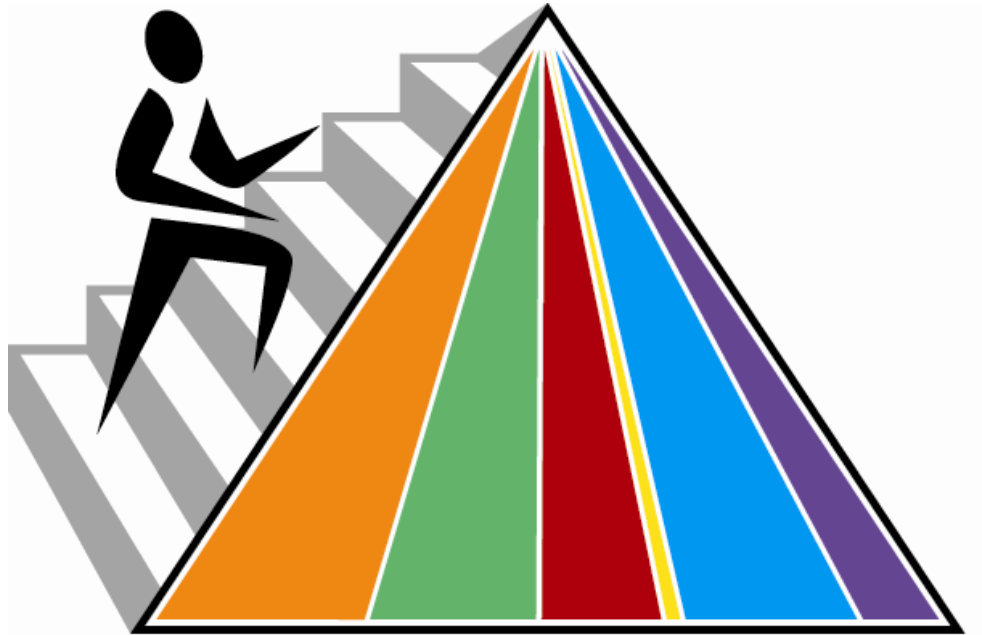


Food Pyramid



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Orange = Grains

Green = Vegetables

Red = Fruits

Yellow = Oils

Blue = Milk

Purple = Meat and Beans