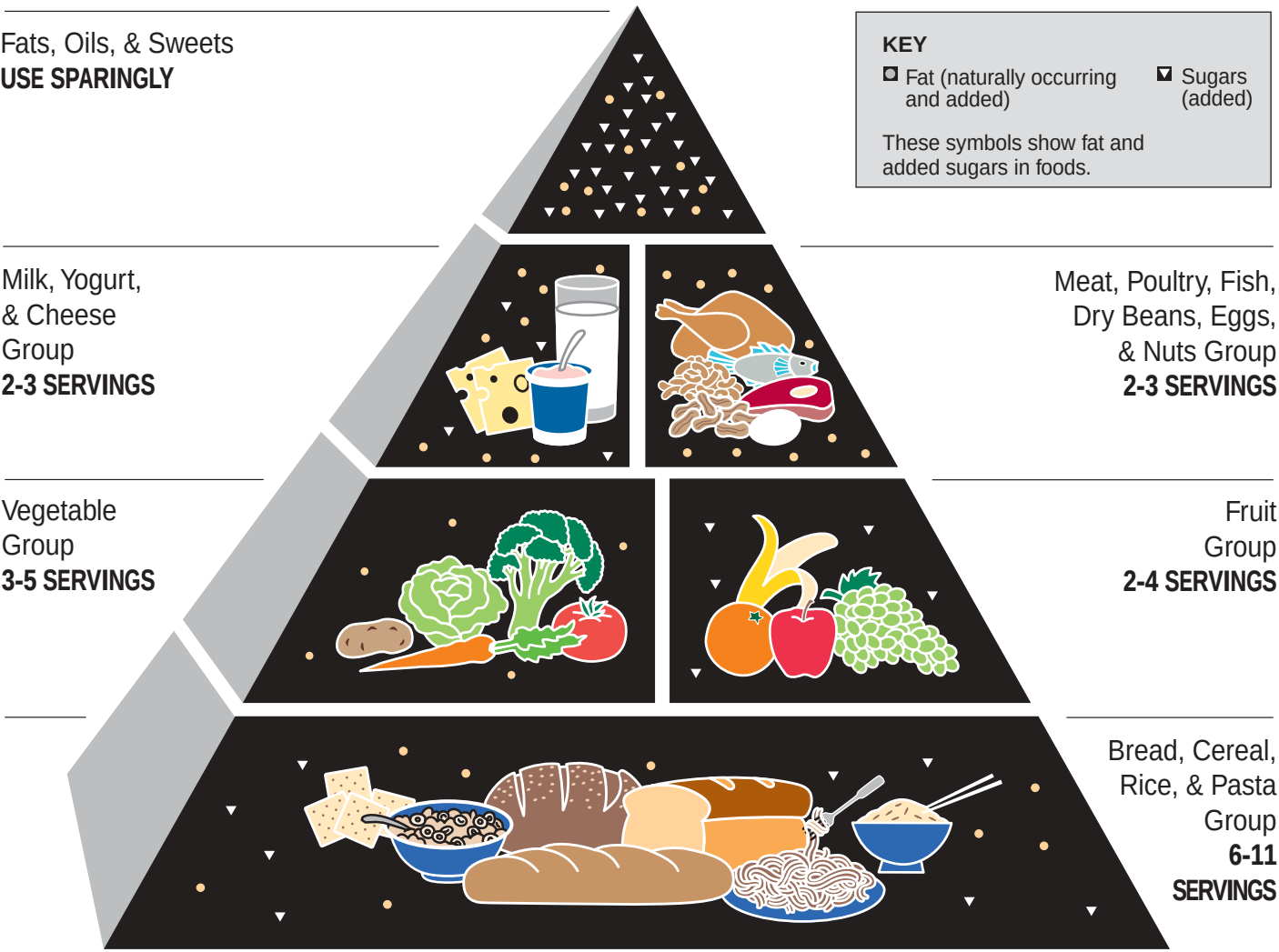
# Food Guide Pyramid

## A Guide to Daily Food Choices




Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services