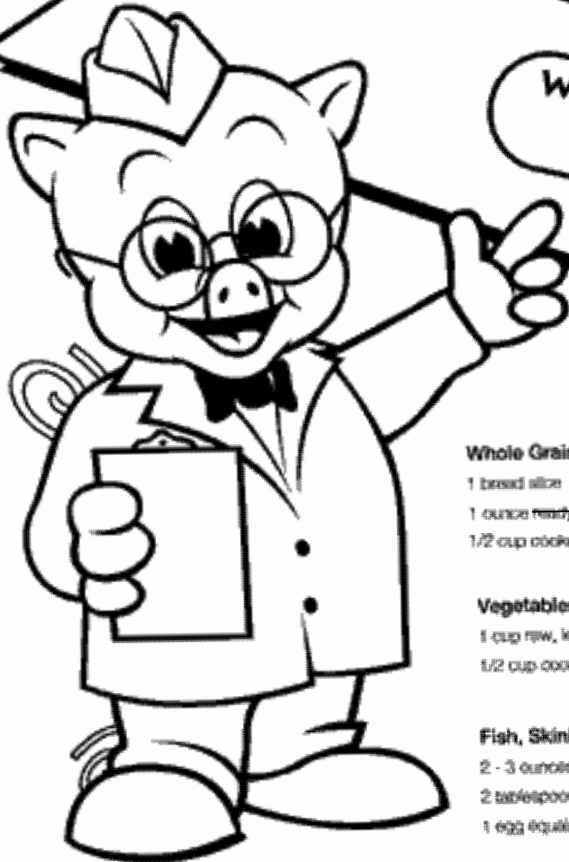


A VISIT TO THE FOOD PYRAMID



Whole Grain Breads, Cereals, Pasta & Rice

- 1 bread slice
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta

Vegetables

- 1 cup raw, leafy vegetable
- 1/2 cup cooked or chopped raw vegetables

Fish, Skinless Poultry, Lean Meat, Dry Beans, Nuts & Eggs

- 2 - 3 ounces poultry, fish, lean meat
- 2 tablespoons peanut butter equals one ounce meat
- 1 egg equals 1 ounce meat

Fruit

- 1 medium fresh fruit
- 1/2 cup chopped or canned fruit
- 3/4 cup fruit juice

Low-fat or Nonfat Milk, Yogurt & Cheeses

- 1 cup milk or yogurt
- 1 1/2 ounces natural cheese