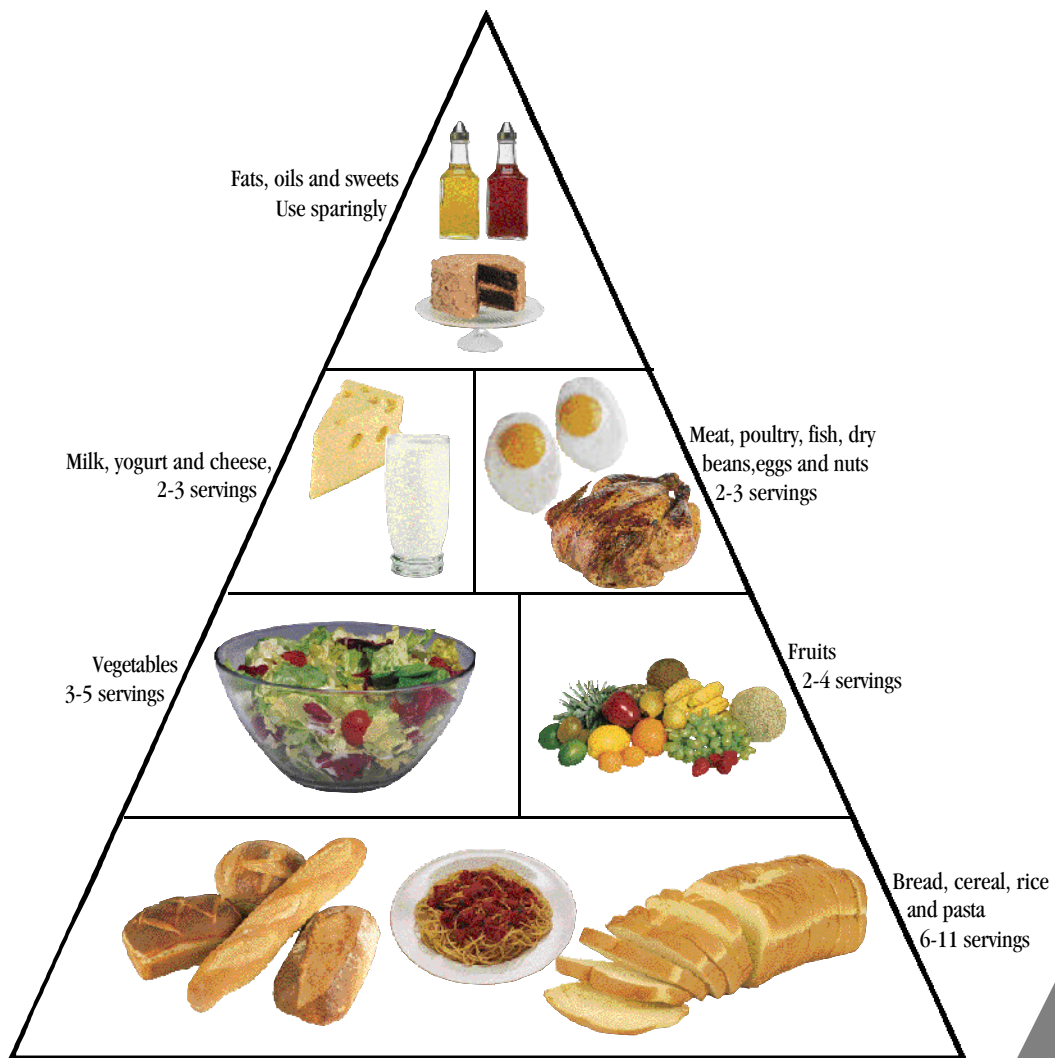
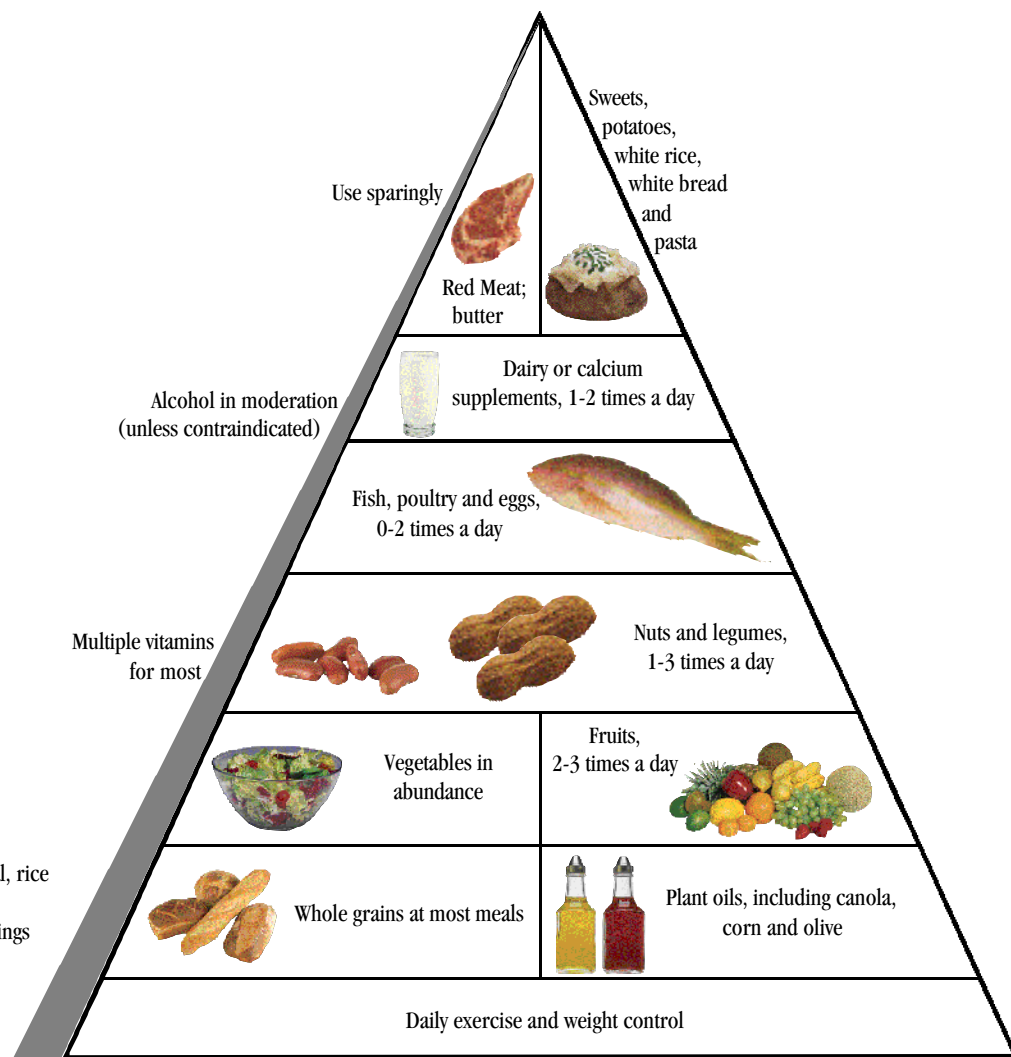


THE "OLD" USDA FOOD GUIDE PYRAMID



Adapted from U.S. Department of Agriculture

THE "NEW" HEALTHY EATING PYRAMID



Adapted from Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter Willett, M.D. (Simon & Schuster, 2001)