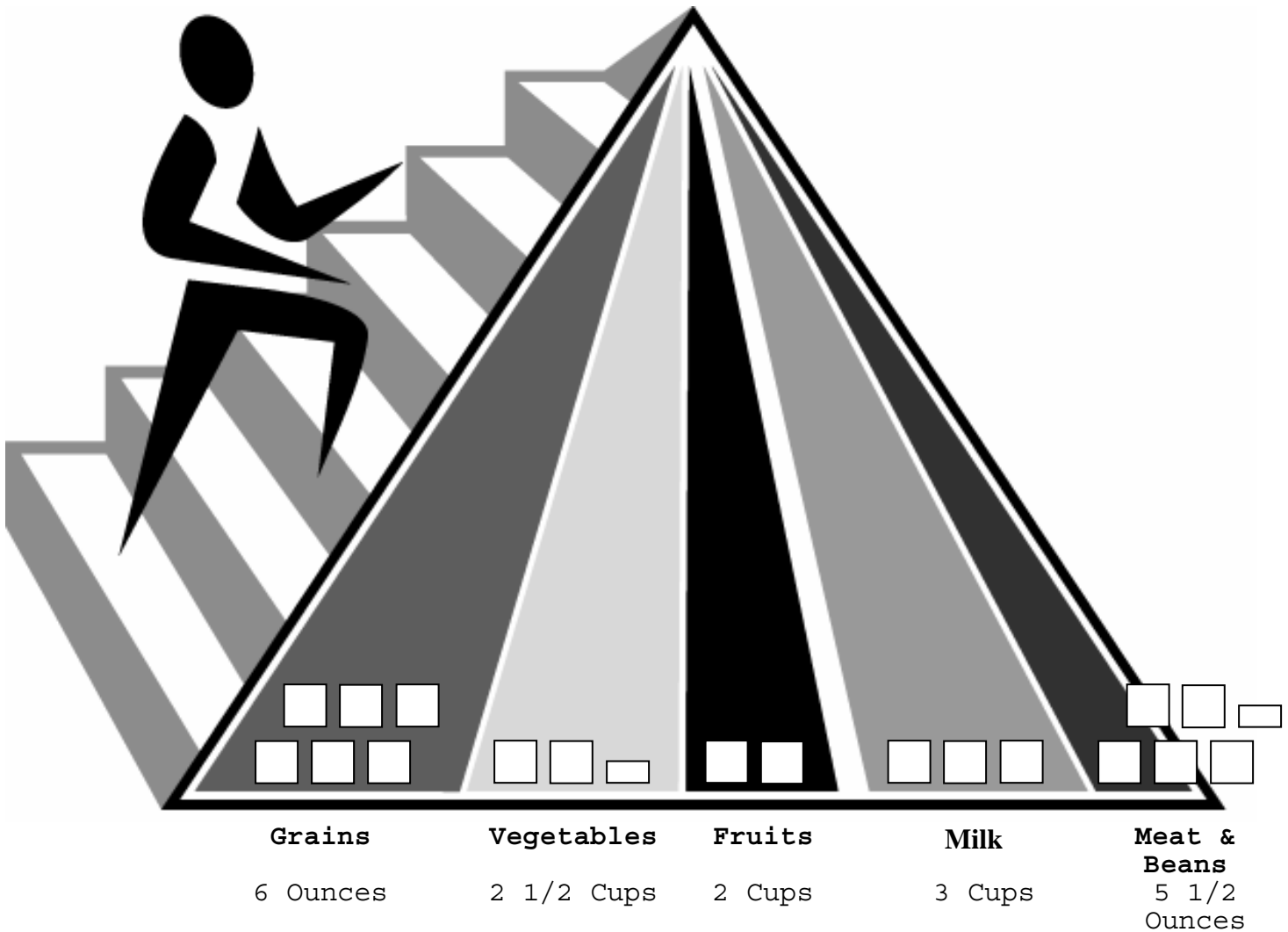


## MYPYRAMID ANALYSIS



List where each food item came from in your meal and fill in a box for the amounts of each food item in its appropriate band on MyPyramid.

1. Are you on track to getting the nutrients you need in an entire day?
2. Which of the suggestions from MyPyramid (whole grains, dark green or orange vegetables, low fat selection and preparation methods) did you implement in your meal?