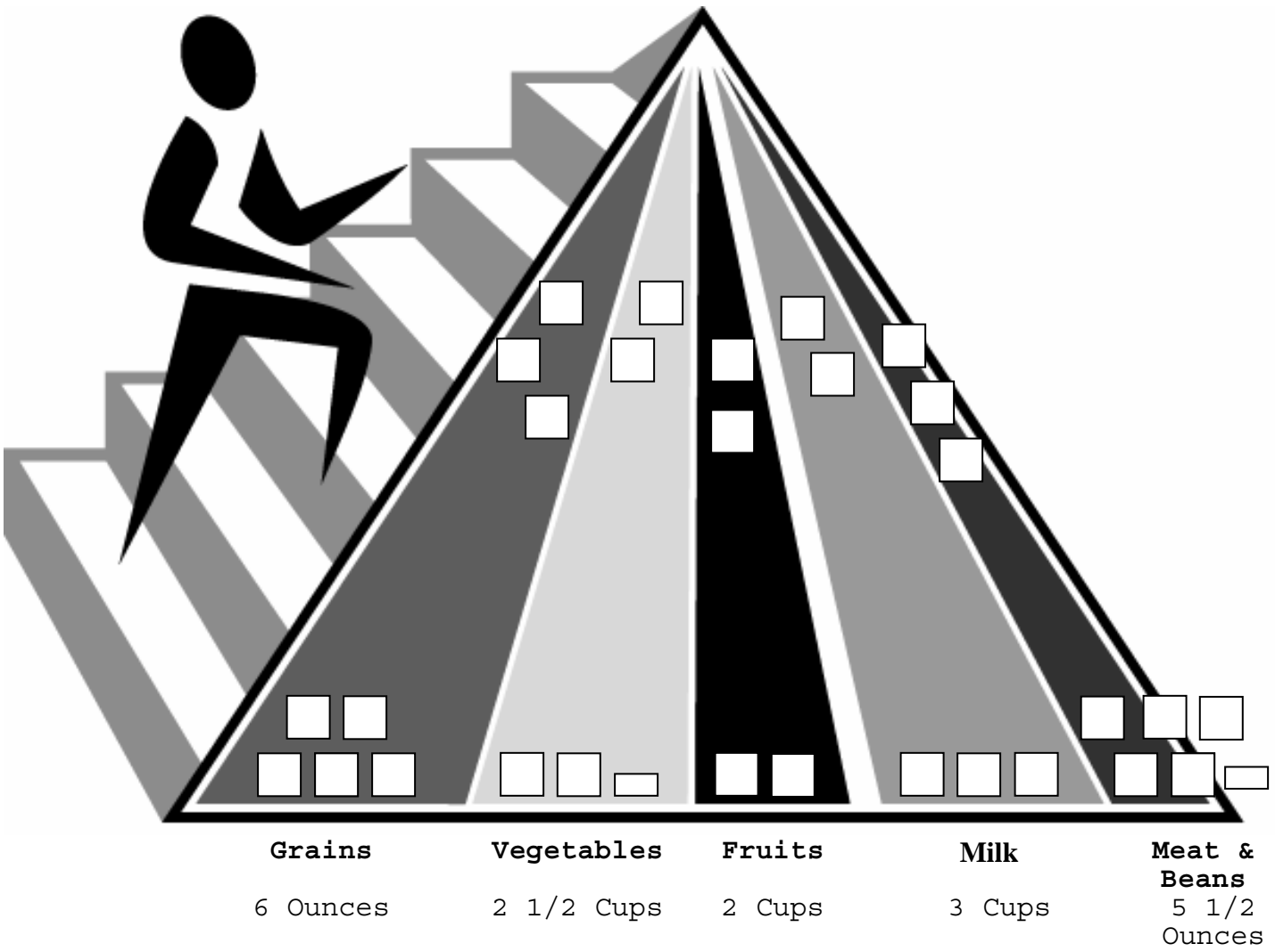


MYPYRAMID BLANK



Color in a square in the appropriate section of MyPyramid (near base or tip) for each "serving equivalent" (ounce or cup) for your meal.