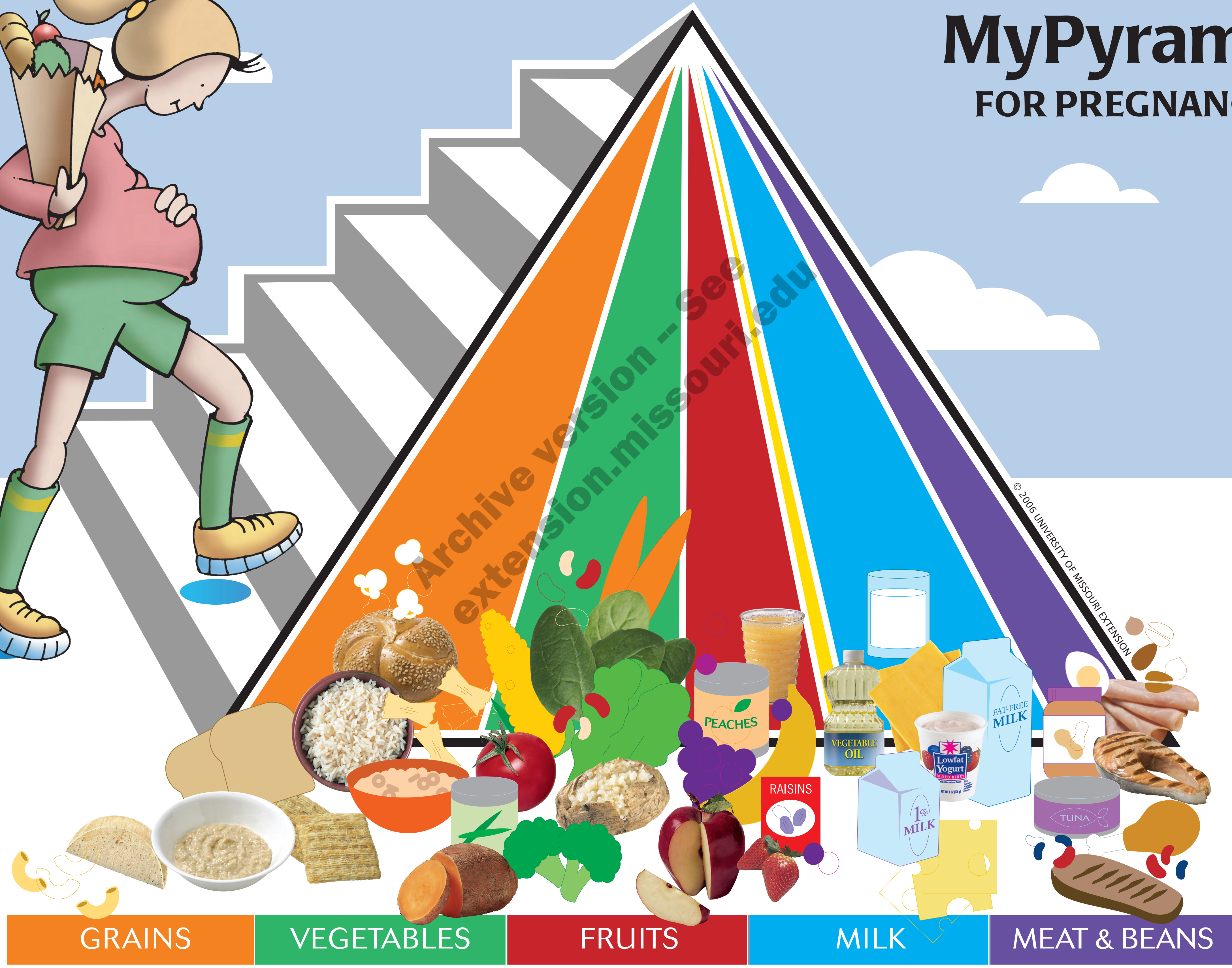
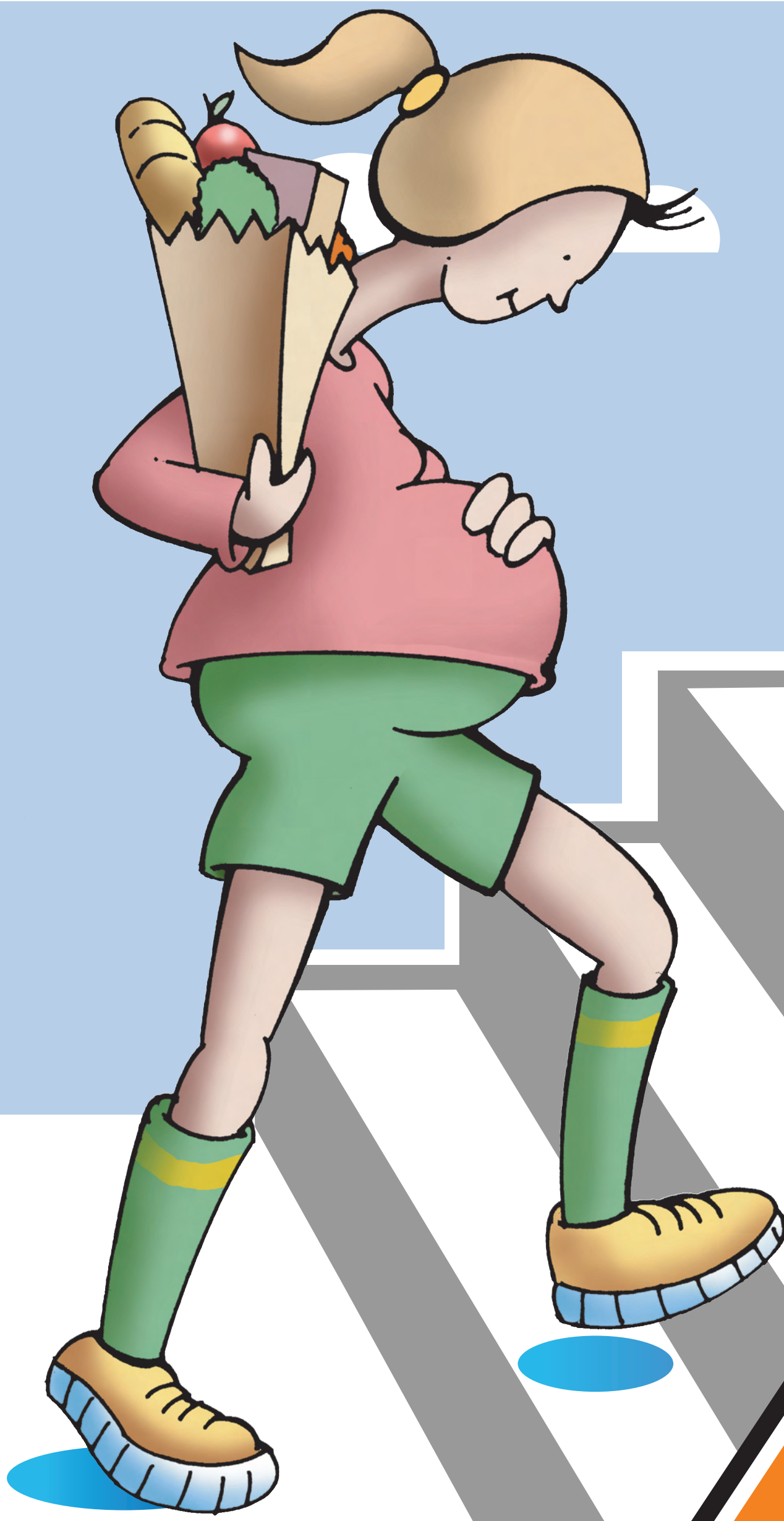


# MyPyramid FOR PREGNANCY



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS