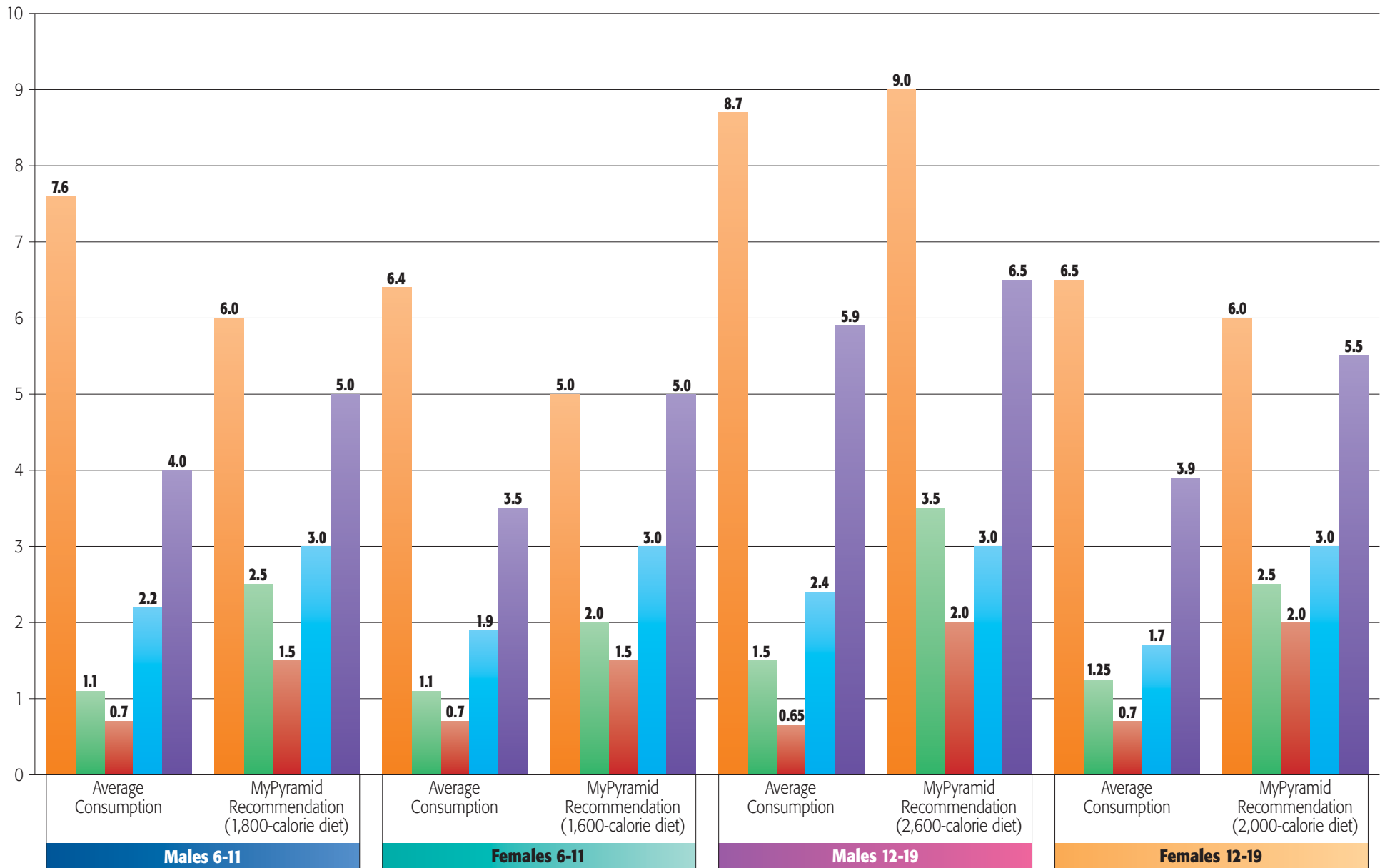


Average Consumption from each Food Group Compared to MyPyramid Daily Recommendations



- Grains (oz)
- Vegetables (cups)
- Fruits (cups)
- Milk (cups)
- Meat & Beans (oz)

Source: Pyramid Servings Intakes in the United States 1999-2002. Community Nutrition Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, March 2005.
 U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, www.MyPyramid.gov