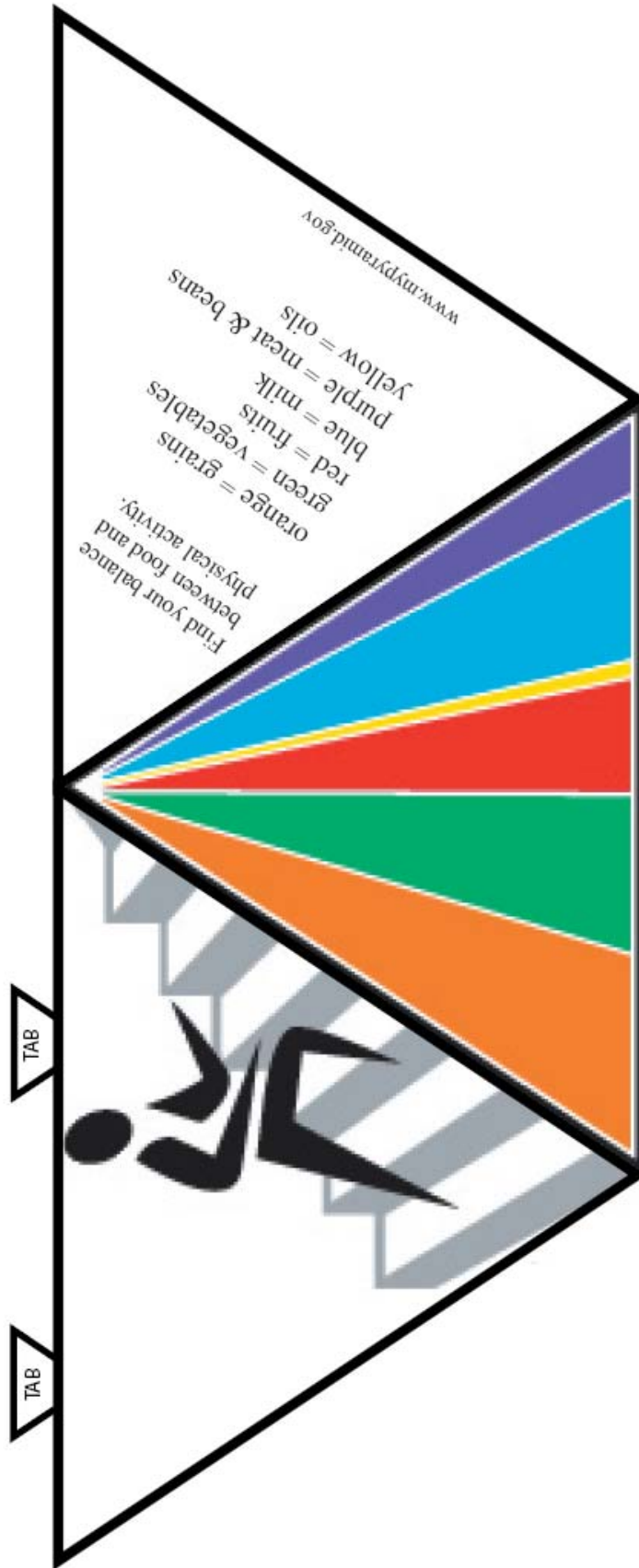


MyPyramid Cut-Out



Instructions:

1. Cut out the pyramid along the heavy outer lines.
2. Fold.
3. Tape the tabs on the inside.

Source: US Department of Agriculture/US Department of Health and Human Services