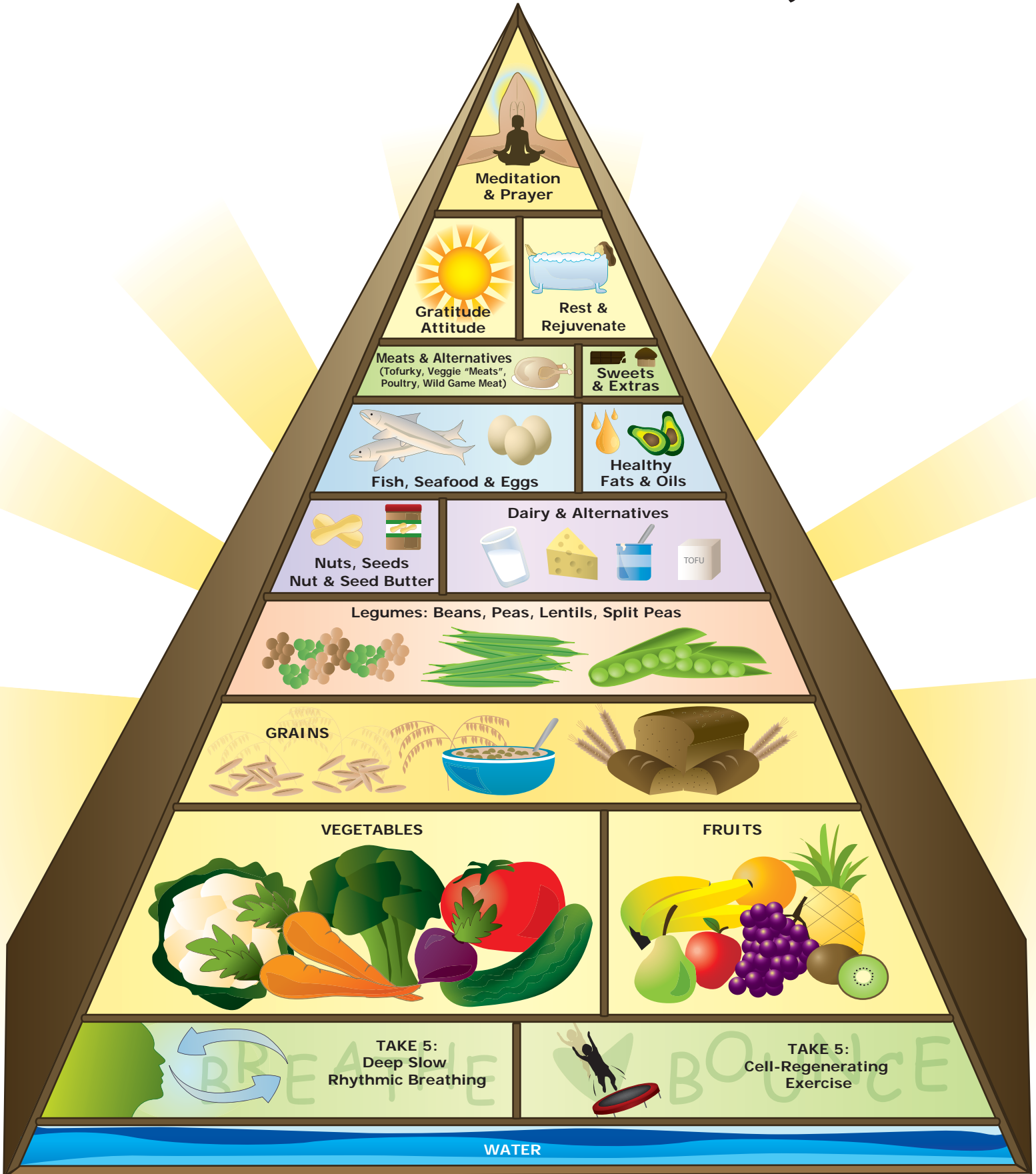


# PYRAMID OF E.N.E.R.G.Y.™



**NOTE:** For best results when using the food sections of this Pyramid of E.N.E.R.G.Y.™ begin by selecting more foods from the lower layers, with portion sizes and number of servings decreasing as you climb the Pyramid.