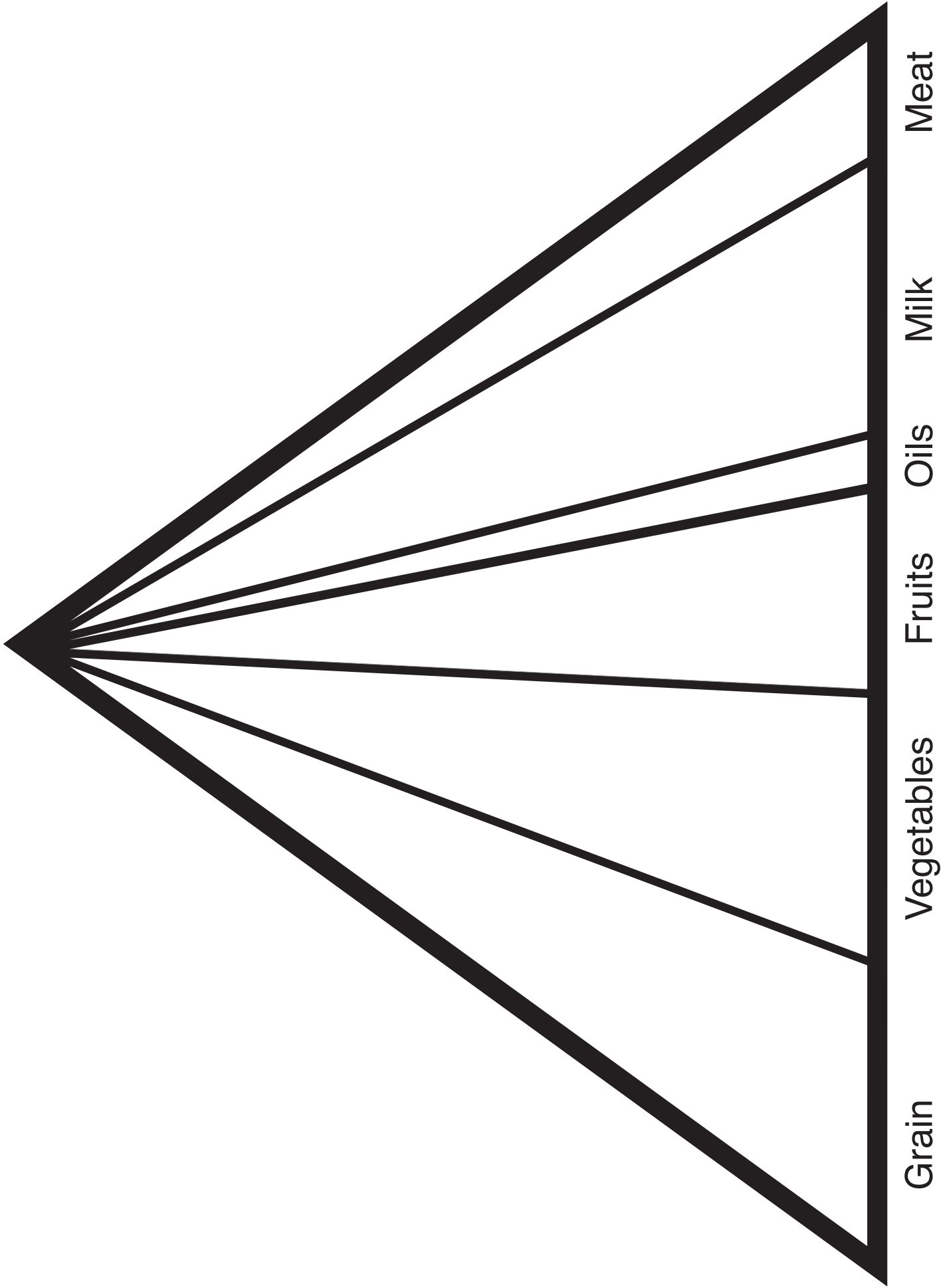




MyPyramid Poster

Instructions for MyPyramid Poster:

To increase the size of the MyPyramid Poster, found on the following page, place the poster on your copy machine, and set the copier to increase size by 129%, which will enlarge the poster to fit 11 x 17-inch paper. Then laminate the poster, and use the *Simply Good Eating Food Stickers* (order MI-07777 for self-adhesive stickers) with the poster to teach *Simply Good Eating* curriculum lessons pertaining to MyPyramid.



Grain

Vegetables

Fruits

Oils

Milk

Meat
& Beans