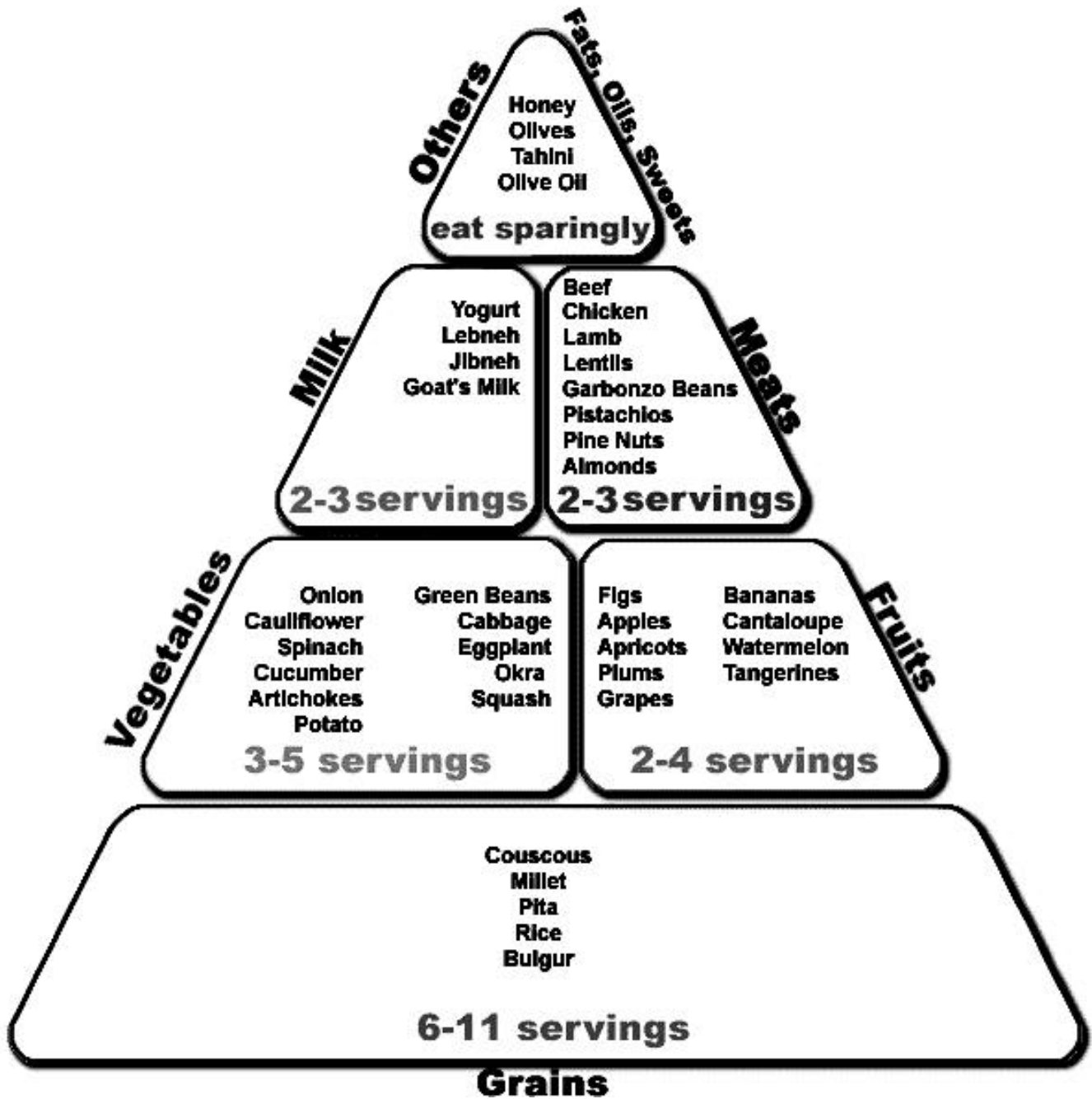
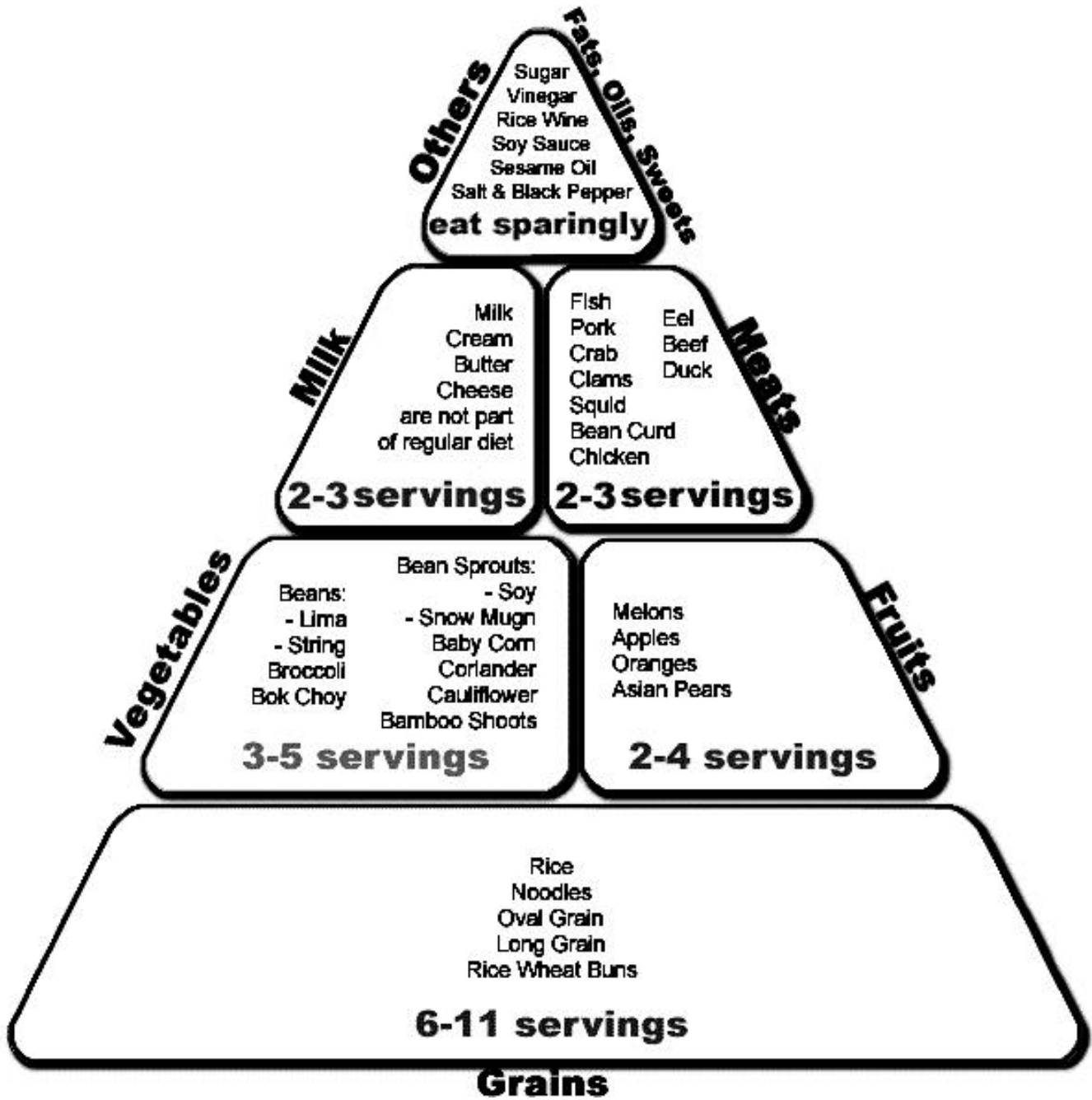


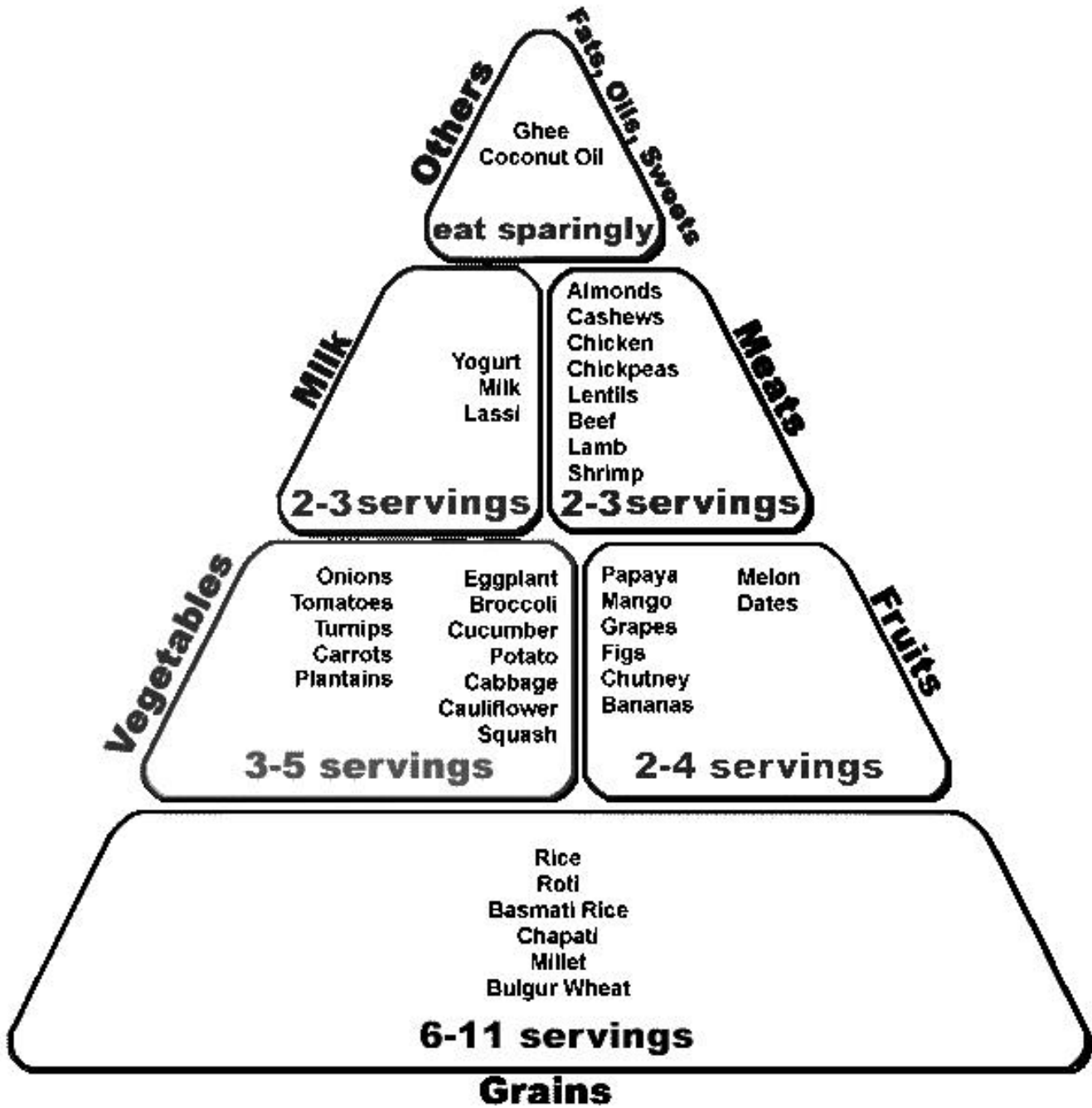
Arabic Food Pyramid (courtesy USDA)



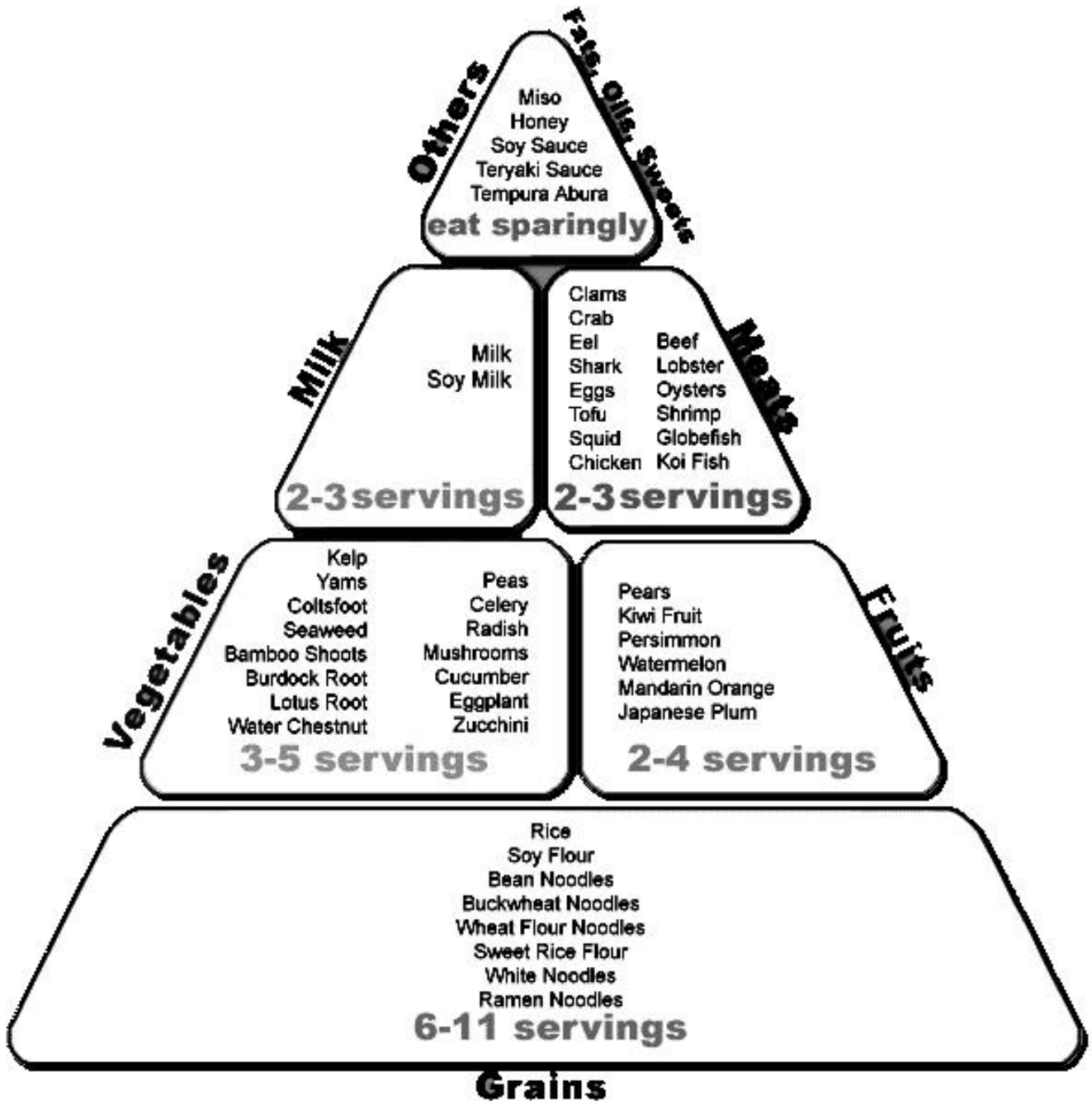
Chinese Food Pyramid (courtesy USDA)



Indian (South Asia) Food Pyramid (courtesy USDA)



Japanese Food Pyramid (courtesy USDA)



Mexican Food Pyramid (courtesy USDA)

