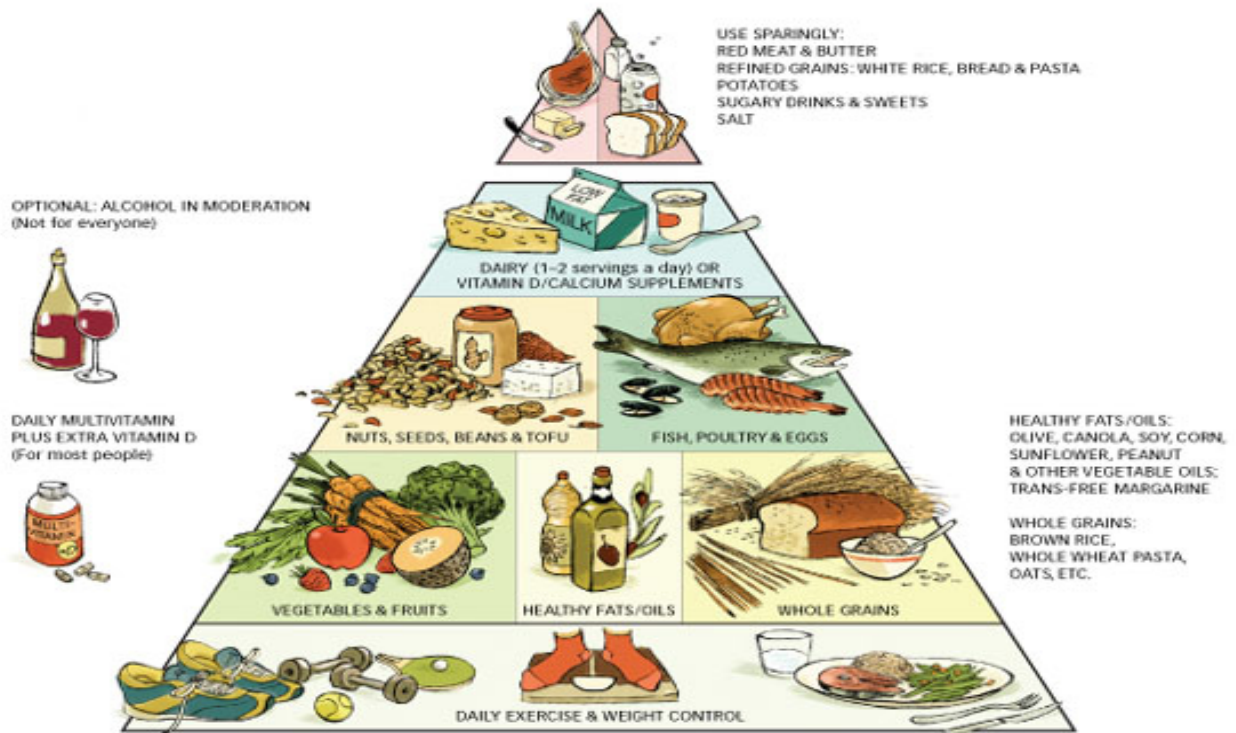


# THE HEALTHY EATING PYRAMID

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For more information about the Healthy Eating Pyramid:

[WWW.THE NUTRITION SOURCE .ORG](http://WWW.THE NUTRITION SOURCE .ORG)

*Eat, Drink, and Be Healthy*  
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)  
Free Press/Simon & Schuster Inc.

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