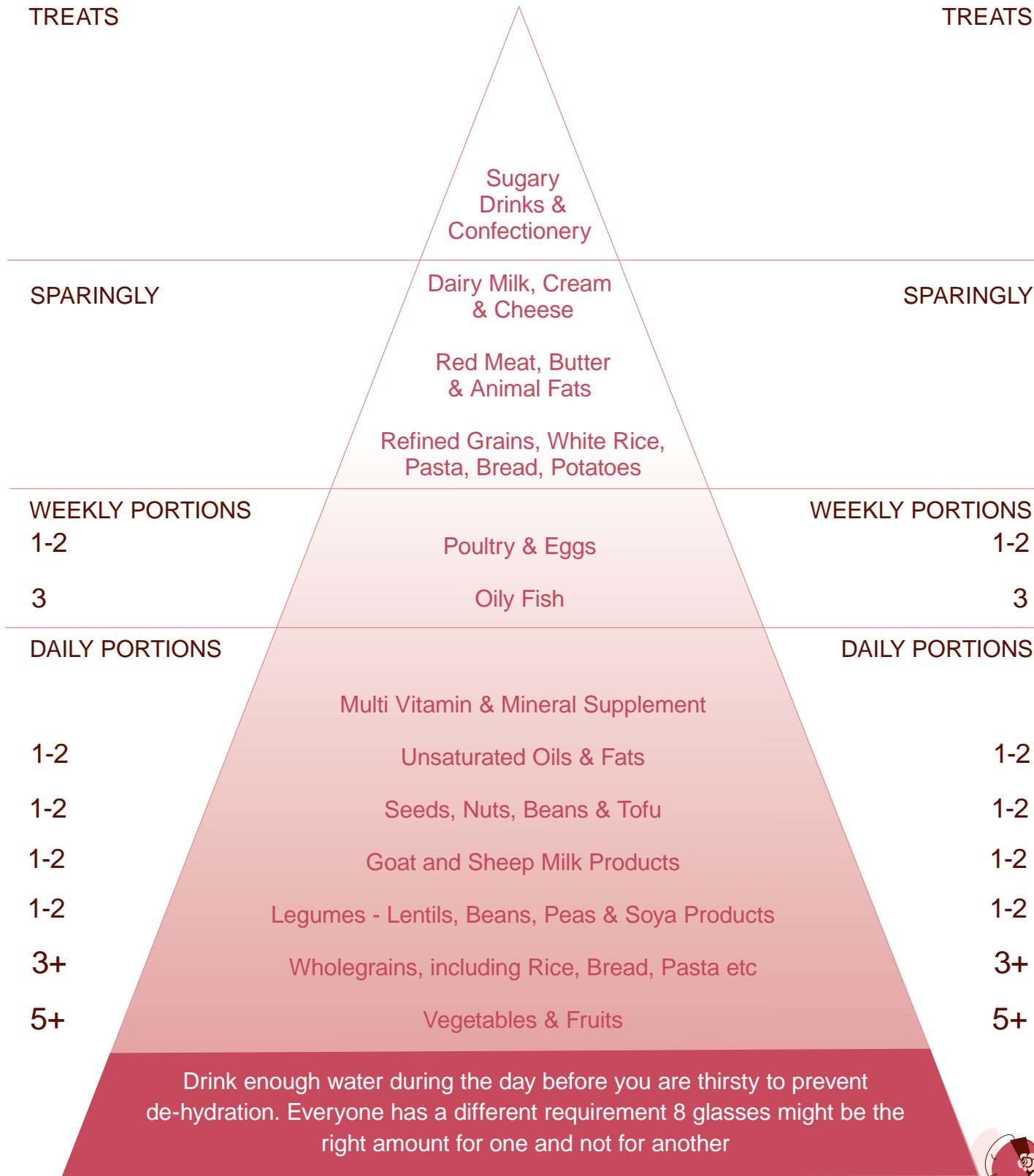


# GOOD SENSE FOOD PYRAMID

The shape of the Food Pyramid show the foods you should fill up on at the base.  
The 'naughty but nice' are at the top!

TREATS

TREATS



**Optional:** Red Wine (in moderation and not for everyone)  
Supplements As Directed

