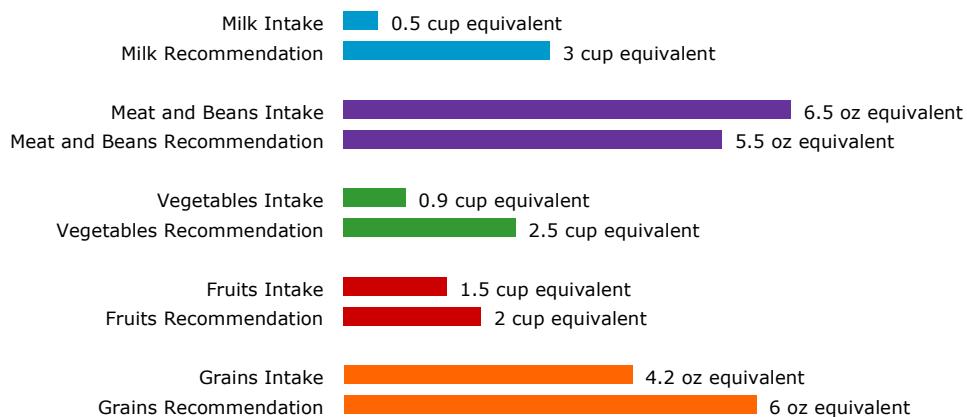




## Comparison of Your Intake with MyPyramid Recommendations for **JLTnutrition**

### Your Pyramid Stats



Pyramid Categories	Percent Recommendation
Milk	17%
Meat and Beans	118%
Vegetables	36%
Fruits	75%
Grains	70%

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