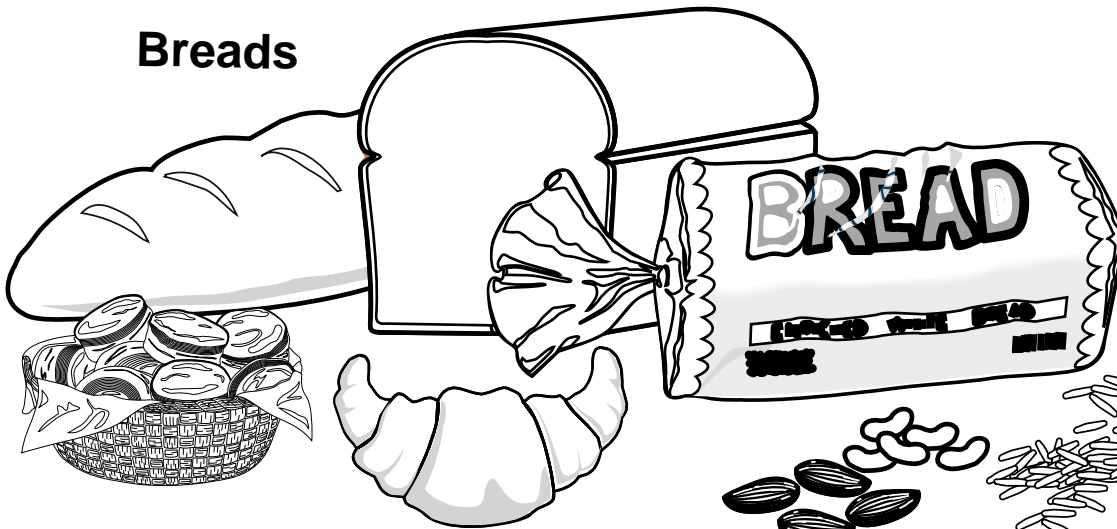


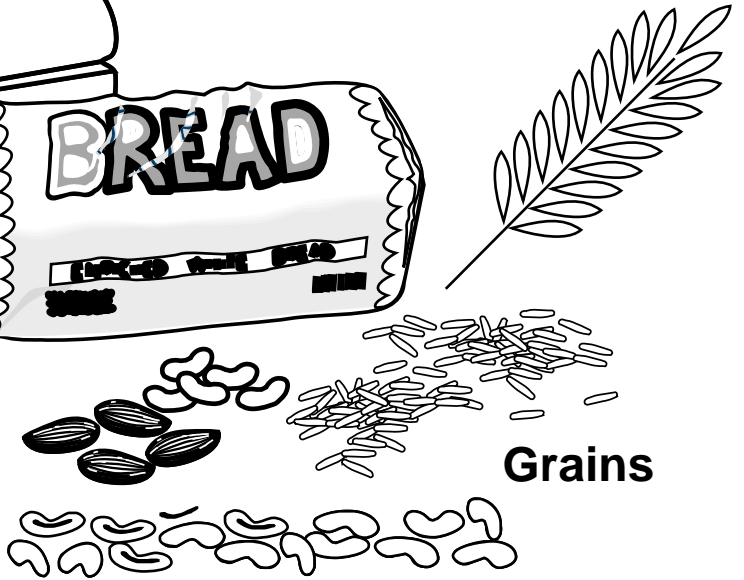
Bread, Cereal, Rice & Pasta

The bottom level of the Pyramid is the largest level. Foods in this group contain iron, thiamin and niacin to give you the best fuel or energy for your body.

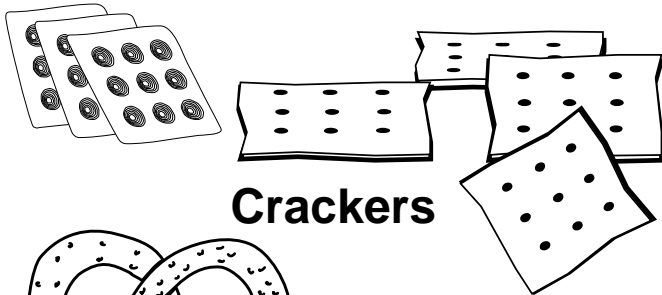
Breads



Grains



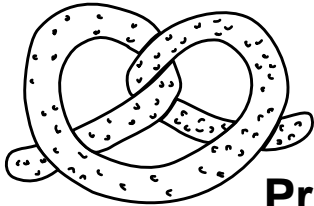
Crackers



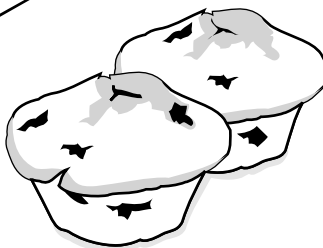
Pancakes



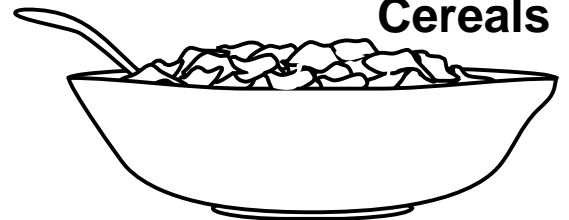
Pretzels



Muffins



Cereals



Rice



Pasta

