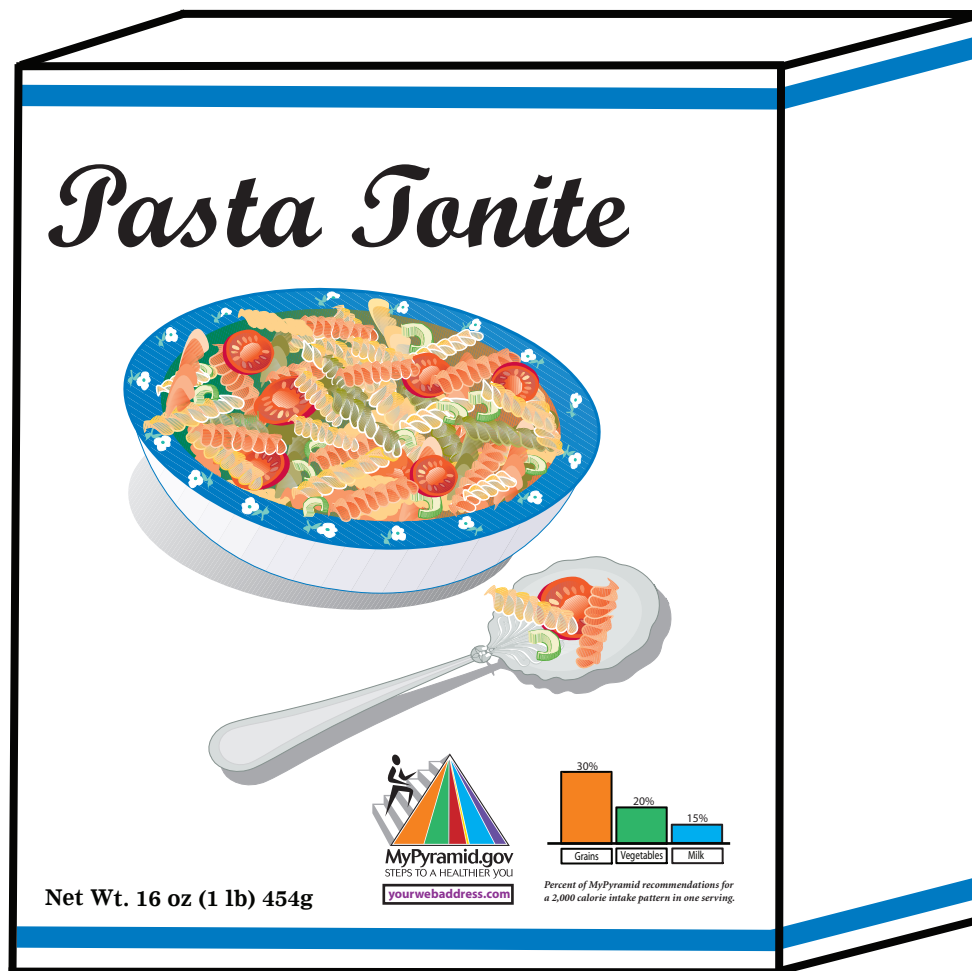


# Partnering with MyPyramid

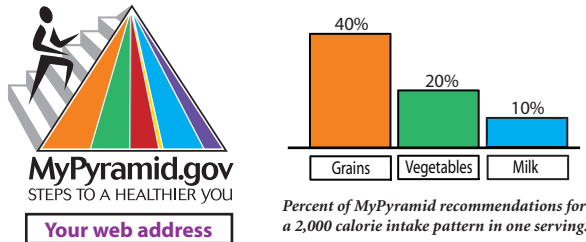


## MyPyramid and **your** Packaging

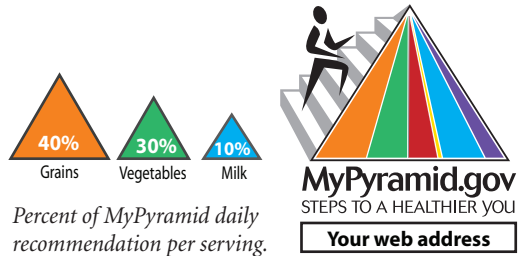
# USDA Center for Nutrition Policy and Promotion

## Suggested Uses of MyPyramid on Food Labeling

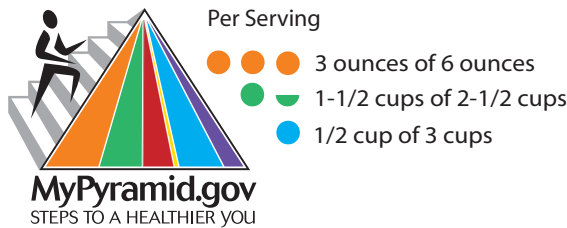
**MyPyramid graphic with additional graphic and company web address**



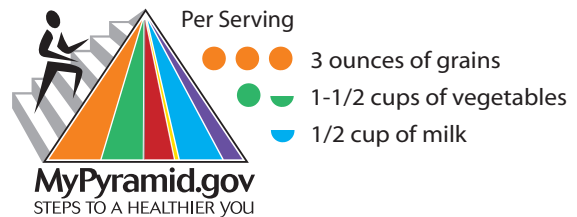
**MyPyramid graphic with additional graphic and company web address**



**MyPyramid graphic with additional graphic**

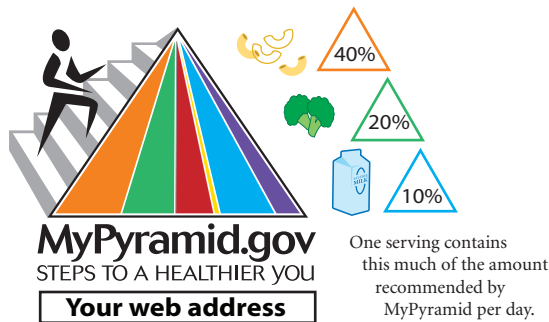


**MyPyramid graphic with additional graphic**

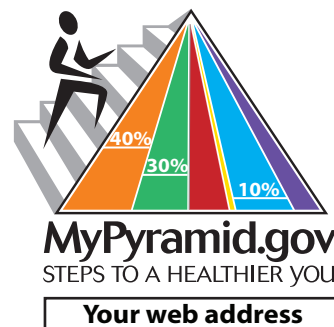


MyPyramid recommends at least 6 ounces of grains, 2-1/2 cups of vegetables, and 3 cups of milk per day for a 2,000 calorie intake pattern.

**MyPyramid graphic with food illustrations and company web address**



**MyPyramid graphic with percentages and company web address**

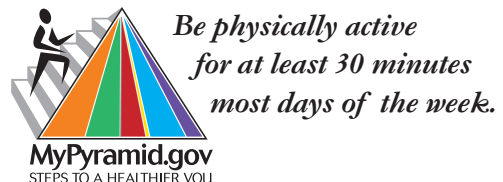


**MyPyramid graphic with nutritional message**

Vegetables play an important role in any diet.



**MyPyramid graphic with physical activity message**



# USDA Center for Nutrition Policy and Promotion

## *Unacceptable* Uses of MyPyramid on Food Labeling

### Food group proportions altered



### Established colors changed



### Order of the food groups altered



### New categories added



### Tagline and url omitted and replaced with your company web address



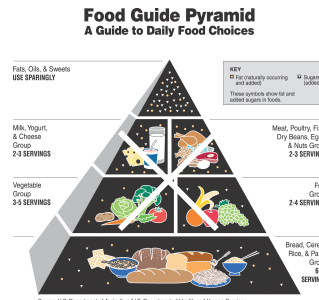
### Fonts and/or url and tagline changed



### Colors other than 4-color process or 1-color black treatments used



### Other versions of the Food Pyramid used



## Tips for Applying the Examples to Get the Most Benefits

The examples of the logos are most effective when accompanied by explanatory text or statements, which may appear on the principle display panel or any other panel of labeling, consistent with the USDA and FDA rules on labeling. Additionally, USDA and FDA programs that regulate labeling will most likely consider the use of the graphics in the context of an actual proposed label for their purposes.

**MICROWAVE DIRECTIONS:**  
For Full Package: Place contents of package and 1/2 cup of water in 2-quart size microwaveable dish. Cover and cook 9-11 minutes at HIGH power. Stir once halfway through the cooking cycle. Season to taste and serve. If softer texture is desired, increase cooking time slightly.

**STOVETOP COOKING:**  
Place 1 cup water and contents of package in saucepan. Cover and bring to a full boil. Reduce heat and simmer 12-14 minutes or until tender. Season to taste.

Note: Cooking time may vary depending on model of microwave oven.


**Nutrition Facts**

Serving Size 1/2 cup (114g)  
Servings Per Container 4

Amount Per Serving		Calories from Fat 50	
		% Daily Value*	
Total Fat	4 g		8%
Saturated Fat	1g		5%
Cholesterol	10mg		3%
Sodium	300mg		13%
Total Carbohydrate	26g		8%
Dietary Fiber	6g		24%
Sugars	2 g		
Protein	3g		
Vitamin A 5%		Vitamin C 5%	
Vitamin B12 20%		Iron 4%	
Calcium 10%			

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	500mg	500mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Per Serving


- 2 ounces of grains
- 1/2 cups of vegetables
- 1/2 cup of milk

**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

MyPyramid recommends at least 6 ounces of grains, 2-1/2 cups of vegetables, and 3 cups of milk per day for a 2,000 calorie intake pattern.

INGREDIENTS: PASTA, TOMATOES, ONIONS, CELERY, CHEESE, AND SALT.

DISTRIBUTED BY:  
YOURFOODS, INC.  
WHEREVER, ST 00000 USA





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