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MyPyramid Food Guidance System developed by the U.S. Department of Agriculture.

MyPyramid.gov STEPS TO A HEALTHIER YOU



A Guide to Daily Food Choices

**For help in making menu
choices right for you, just...**

AskUs!™

Nutrition Information Upon Request

**Nutrition information on select menu
items is available upon request.**

You **can** eat smart and eat well at the same time.

Learn more about healthful dining options in
restaurants by visiting the National Restaurant
Association at www.restaurant.org.

A program
by the
National
Restaurant
Association



