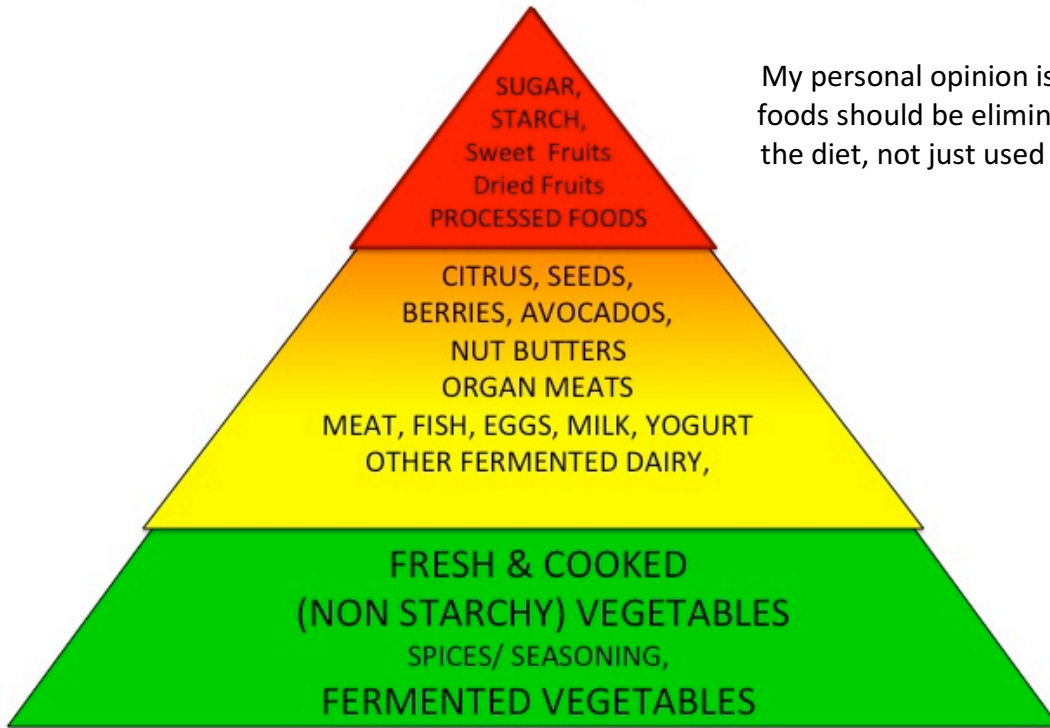


# PWS Food Pyramid



My personal opinion is that RED foods should be eliminated from the diet, not just used sparingly.