



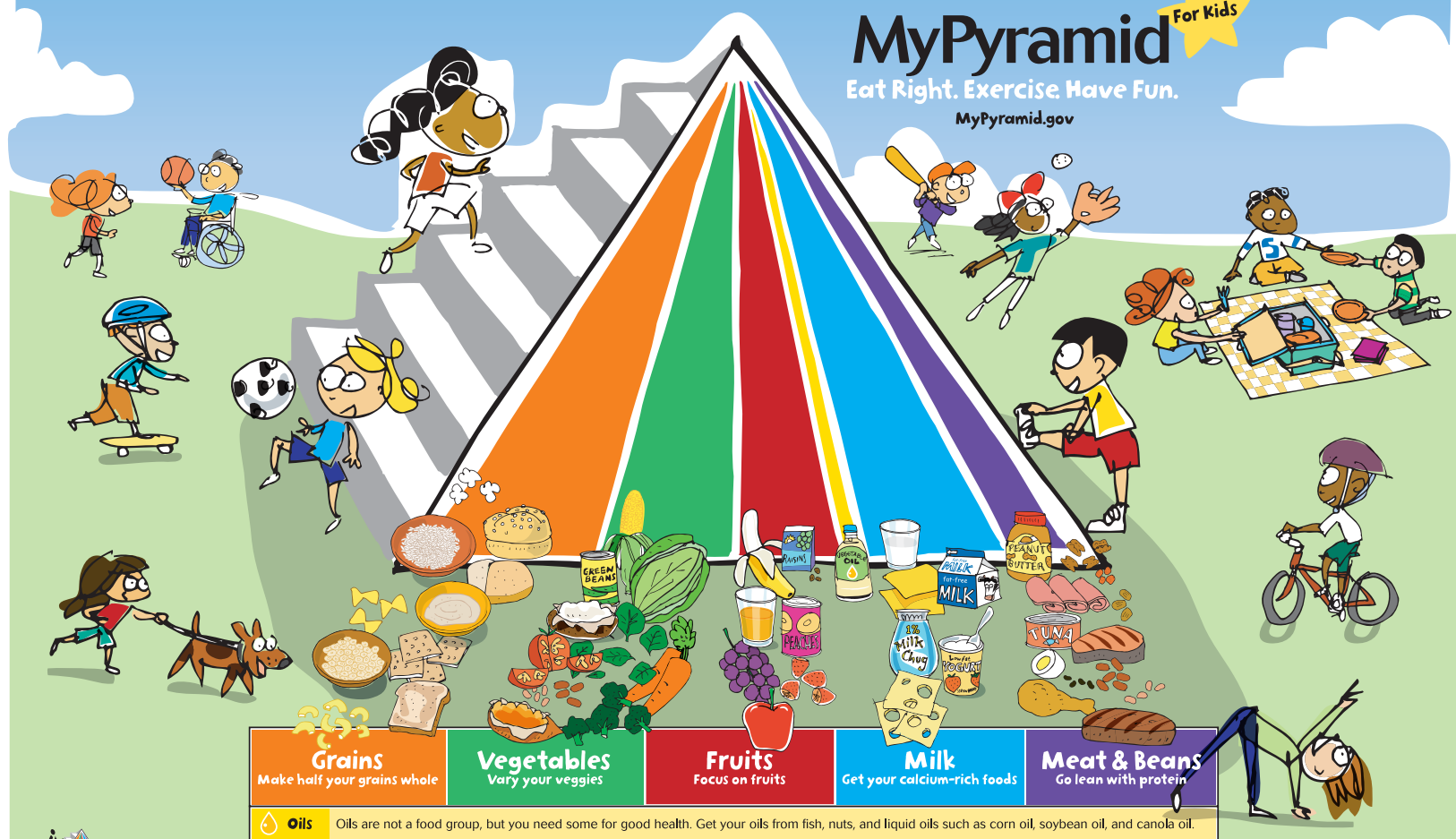
GIANNI'S IS A PROUD SUPPORTER OF THE USDA'S MISSION TO IMPROVE THE HEALTH OF AMERICANS.

## MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



**Grains**  
Make half your grains whole

**Vegetables**  
Vary your veggies

**Fruits**  
Focus on fruits

**Milk**  
Get your calcium-rich foods

**Meat & Beans**  
Go lean with protein



**Oils**

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.



Find your balance between food and fun



Fats and sugars — know your limits

U.S. Department of Agriculture  
Food and Nutrition Service  
September 2005  
FNS-3051

**USDA**

**TEAM**  
Nutrition.gov

USDA is an equal opportunity provider and employer.

Our pizza lines include selections with zero trans fat and use extra virgin olive oil chock-full of monounsaturated fatty acids and antioxidative substances. We offer pizza dough that is made from whole wheat flour rich in dietary fiber, manganese, and magnesium. Our tomato sauces provide a major dietary source of lycopene, which helps fight cardiovascular disease and cancer. We also include whole milk cheeses that provide an excellent source of calcium for strong bones and prevention of osteoporosis. Last but not least, the garlic we use is shown to boost the immune system thereby increasing resistance to allergies, colds, anemia, and asthma.

**Eat in  
Good  
Health!**

To learn more,  
please visit  
[www.usda.gov](http://www.usda.gov)



## HELP FIGHT BREAST CANCER WITH GIANNI'S

Every three minutes a woman in the United States is diagnosed with breast cancer.\* It is the leading cancer among African American and Caucasian women.\* Due to the vast majority of people who have been diagnosed with breast cancer, almost everyone knows someone who has battled this disease. In an effort to help put an end to breast cancer, and as a way to give back to those that support the youth, Gianni's proudly donates a portion of each sale to The Tyanna Foundation. The Tyanna Foundation is an organization founded by five daughters to honor the legacy of their mother who died at a young age from breast cancer. The foundation's mission is to increase awareness and raise money for breast cancer research and medical services. Donations from your sales of Gianni's products will help improve the quality of life for breast cancer patients including improved diagnosis, increased privacy and advanced treatment options.

To learn more about the fight against breast cancer, please visit [www.breastfest.org](http://www.breastfest.org)

\*source: [www.breastcancer.org](http://www.breastcancer.org)