

# RICE DIET FOOD PYRAMID

A DIET BASED ON  
GRAINS, FRUITS,  
AND VEGETABLES

?

MAINTENANCE

[www.RiceDietSupport.com](http://www.RiceDietSupport.com)

ADD  
VEGETABLES

STEP 2

RICE  
EQUIVALENTS

FRUITS

STEP 1

Details in 'How To Rice Diet'