

The Guantánamo Food Pyramid

Their cells may be small and their jumpsuits an unpleasant shade of orange, but the Taliban and Al Qaeda prisoners in Cuba are getting some good eats. Their meals, which the military has ensured are halal, or in keeping with Islamic law, are nearly identical to the MRE's (Meals Ready to Eat) given to American soldiers. A typical day's cuisine, as it might fit into the Department of Agriculture's food pyramid:

MILK, YOGURT AND CHEESE GROUP
Cream cheese

VEGETABLE GROUP
Vacuum-packed pasta with vegetables (several varieties of vacuum-packed meals contain vegetables)

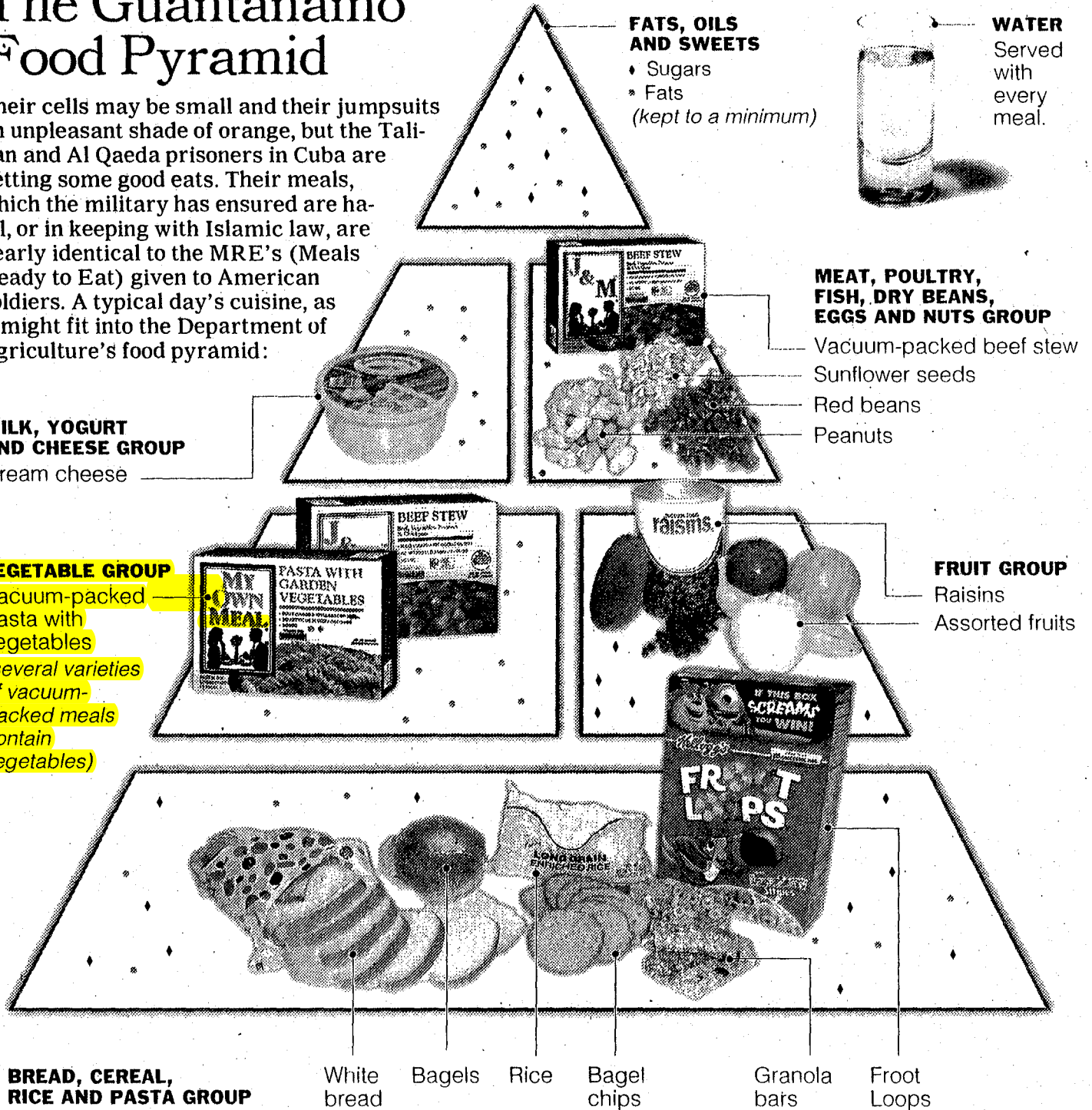
BREAD, CEREAL, RICE AND PASTA GROUP
White bread
Bagels
Rice
Bagel chips
Granola bars
Froot Loops

FATS, OILS AND SWEETS
♦ Sugars
* Fats
(kept to a minimum)

WATER
Served with every meal.

MEAT, POULTRY, FISH, DRY BEANS, EGGS AND NUTS GROUP
Vacuum-packed beef stew
Sunflower seeds
Red beans
Peanuts

FRUIT GROUP
Raisins
Assorted fruits





Clothing, a sleeping mat, food, sandals, a canteen, soap and buckets are the standard issue for detainees at Camp X-Ray in Guantanamo Bay, Cuba.

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