

Food Guide Pyramid

A Guide to Daily Food Choices

KEY  Fat (naturally occurring and added)
 Sugar (added)
These symbols show fat and added sugars in foods.

SOURCE
U.S. Department
of Agriculture
U.S. Department
of Health and
Human Services

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS



Fats, Oils, & Sweets
USE SPARINGLY

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS



Vegetable
Group
3-5 SERVINGS



Fruit
Group
2-4 SERVINGS



Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS



Results Using The Food Guide Pyramid

Victor M. Corman



Results Using The Food Guide Pyramid:

Adopting the Song of Expression: An Mental Symphony within **Rsults Using The Food Guide Pyramid**

In some sort of taken by monitors and the ceaseless chatter of instant communication, the melodic beauty and mental symphony produced by the published word usually fade into the backdrop, eclipsed by the relentless sound and disturbances that permeate our lives. However, nestled within the pages of **Rsults Using The Food Guide Pyramid** a charming literary value overflowing with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this charming masterpiece conducts visitors on a psychological journey, well unraveling the hidden tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the emotional evaluation, we can explore the book is main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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