

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



Of The New Food Guide Pyramid

**Paul Insel, Don Ross, Kimberley
McMahon, Melissa Bernstein**



Of The New Food Guide Pyramid:

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appropriations for 2005 United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies,2004 *The Divine Diet* Carole Lewis,2004

Unveiling the Magic of Words: A Review of "**Of The New Food Guide Pyramid**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Of The New Food Guide Pyramid**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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