

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

Victor M. Corman



Of The New Food Guide Pyramid:

Whispering the Strategies of Language: An Psychological Journey through **Of The New Food Guide Pyramid**

In a digitally-driven earth where screens reign great and immediate transmission drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words frequently move unheard. However, situated within the pages of **Of The New Food Guide Pyramid** a captivating fictional treasure sporting with raw thoughts, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, this marvelous opus encourages visitors on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the emotional depths of this touching evaluation, we shall embark upon a heartfelt exploration of the book is key styles, dissect their captivating publishing style, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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