

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.

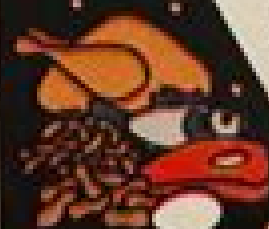
SOURCE
U.S. Department
of Agriculture
U.S. Department
of Health and
Human Services

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS



Fats, Oils, & Sweets
USE SPARINGLY

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



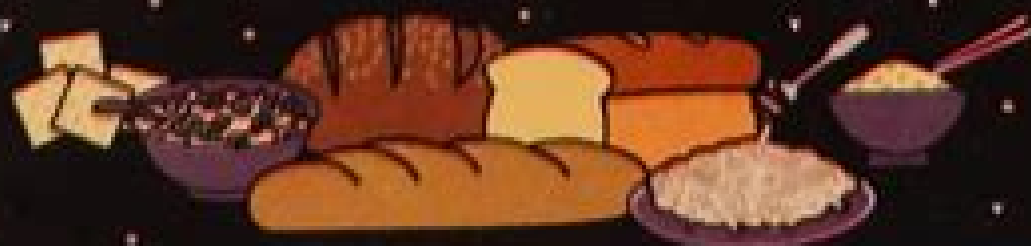
Vegetable
Group
3-5 SERVINGS



Fruit
Group
2-4 SERVINGS

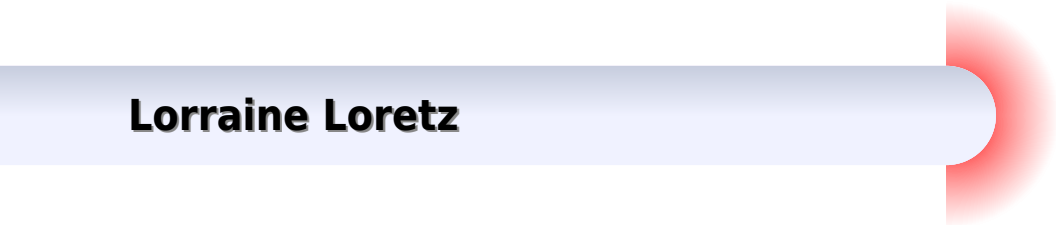


Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS



Results Using The Food Guide Pyramid

Lorraine Loretz



Results Using The Food Guide Pyramid:

Results Using The Food Guide Pyramid Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Results Using The Food Guide Pyramid**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

<https://crm.avenza.com/data/detail/index.jsp/Phase%20Changes%20Gizmo%20Answer%20Key.pdf>

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