Food Guide Pyramid

A Guide to Daily Food Choices

KEY □ Fat (naturally occurring and added)

□ Sugar (added)

These symbols show lat 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





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

Chao Zhang

Of The New Food Guide Pyramid:

Unveiling the Magic of Words: A Overview 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 ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Of The New Food Guide Pyramid**," a mesmerizing literary masterpiece penned by 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 in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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