

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.

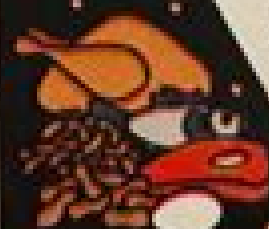
SOURCE
U.S. Department
of Agriculture
U.S. Department
of Health and
Human Services

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS



Fats, Oils, & Sweets
USE SPARINGLY

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



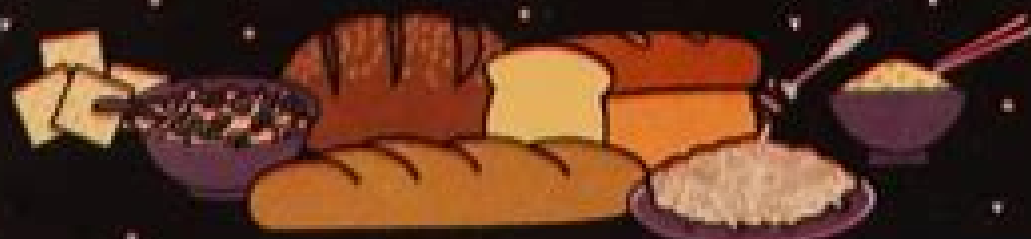
Vegetable
Group
3-5 SERVINGS



Fruit
Group
2-4 SERVINGS



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



New Food Guide Pyramid Lesson

Ensheng Dong



New Food Guide Pyramid Lesson:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **New Food Guide Pyramid Lesson**

In some sort of inundated with monitors and the cacophony of instantaneous interaction, the profound energy and mental resonance of verbal beauty often fade in to obscurity, eclipsed by the continuous onslaught of noise and distractions. However, set within the lyrical pages of **New Food Guide Pyramid Lesson**, a captivating work of fictional brilliance that pulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus manuals viewers on a mental odyssey, softly exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key themes, dissect their fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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