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A Guide to Daily Food Choices

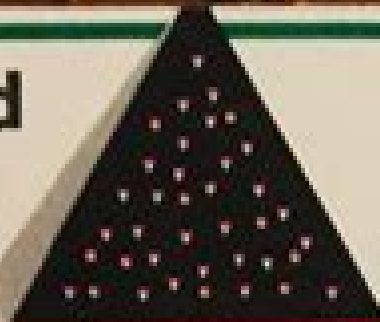
KEY  Fat (naturally occurring and added)
 Sugar (added)
These symbols show fat and added sugars in foods.

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of Agriculture
U.S. Department
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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



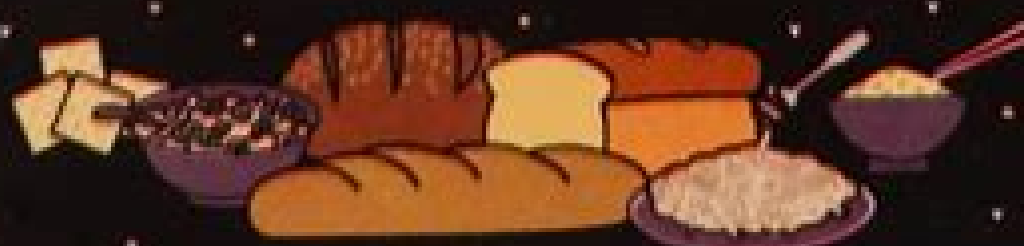
Vegetable
Group
3-5 SERVINGS



Fruit
Group
2-4 SERVINGS



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



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Table of Contents New Food Guide Pyramid Washington Post

1. Understanding the eBook New Food Guide Pyramid Washington Post
 - The Rise of Digital Reading New Food Guide Pyramid Washington Post
 - Advantages of eBooks Over Traditional Books
2. Identifying New Food Guide Pyramid Washington Post
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a New Food Guide Pyramid Washington Post
 - User-Friendly Interface
4. Exploring eBook Recommendations from New Food Guide Pyramid Washington Post
 - Personalized Recommendations
 - New Food Guide Pyramid Washington Post User Reviews and Ratings
 - New Food Guide Pyramid Washington Post and Bestseller Lists
5. Accessing New Food Guide Pyramid Washington Post Free and Paid eBooks
 - New Food Guide Pyramid Washington Post Public Domain eBooks
 - New Food Guide Pyramid Washington Post eBook Subscription Services
 - New Food Guide Pyramid Washington Post Budget-Friendly Options

6. Navigating New Food Guide Pyramid Washington Post eBook Formats
 - ePub, PDF, MOBI, and More
 - New Food Guide Pyramid Washington Post Compatibility with Devices
 - New Food Guide Pyramid Washington Post Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of New Food Guide Pyramid Washington Post
 - Highlighting and Note-Taking New Food Guide Pyramid Washington Post
 - Interactive Elements New Food Guide Pyramid Washington Post
8. Staying Engaged with New Food Guide Pyramid Washington Post
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers New Food Guide Pyramid Washington Post
9. Balancing eBooks and Physical Books New Food Guide Pyramid Washington Post
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection New Food Guide Pyramid Washington Post
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine New Food Guide Pyramid Washington Post
 - Setting Reading Goals New Food Guide Pyramid Washington Post
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of New Food Guide Pyramid Washington Post
 - Fact-Checking eBook Content of New Food Guide Pyramid Washington Post
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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