

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



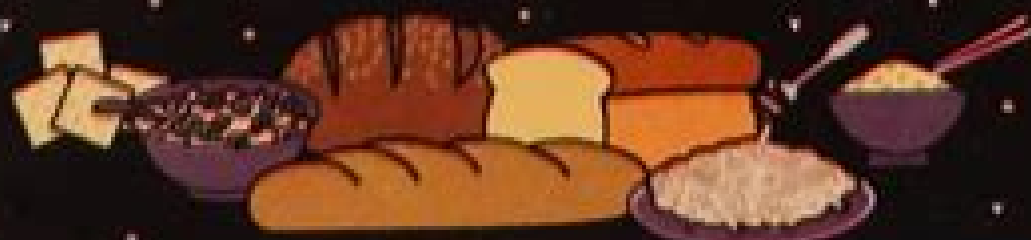
Vegetable
Group
3-5 SERVINGS



Fruit
Group
2-4 SERVINGS



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



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Committee on Appropriations.
Subcommittee on Agriculture, Rural
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Table of Contents Of The New Food Guide Pyramid

1. Understanding the eBook Of The New Food Guide Pyramid
 - The Rise of Digital Reading Of The New Food Guide Pyramid
 - Advantages of eBooks Over Traditional Books
2. Identifying Of The New Food Guide Pyramid
 - 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 an Of The New Food Guide Pyramid
 - User-Friendly Interface
4. Exploring eBook Recommendations from Of The New Food Guide Pyramid
 - Personalized Recommendations
 - Of The New Food Guide Pyramid User Reviews and Ratings
 - Of The New Food Guide Pyramid and Bestseller Lists
5. Accessing Of The New Food Guide Pyramid Free and Paid eBooks
 - Of The New Food Guide Pyramid Public Domain eBooks
 - Of The New Food Guide Pyramid eBook Subscription Services
 - Of The New Food Guide Pyramid Budget-Friendly Options
6. Navigating Of The New Food Guide Pyramid eBook Formats

- ePub, PDF, MOBI, and More
- Of The New Food Guide Pyramid Compatibility with Devices
- Of The New Food Guide Pyramid Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Of The New Food Guide Pyramid
 - Highlighting and Note-Taking Of The New Food Guide Pyramid
 - Interactive Elements Of The New Food Guide Pyramid
- 8. Staying Engaged with Of The New Food Guide Pyramid
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Of The New Food Guide Pyramid
- 9. Balancing eBooks and Physical Books Of The New Food Guide Pyramid
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Of The New Food Guide Pyramid
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Of The New Food Guide Pyramid
 - Setting Reading Goals Of The New Food Guide Pyramid
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Of The New Food Guide Pyramid
 - Fact-Checking eBook Content of Of The New Food Guide Pyramid
 - 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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