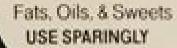
Food Guide Pyramid

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

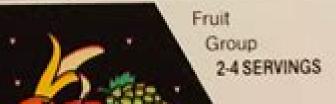
Milk, Yogurt, & Cheese Group 2-3 SERVINGS

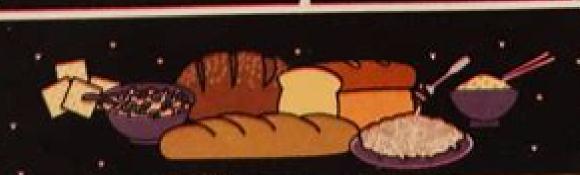


Meat, Poultry, Fish, Dry Beans, Eggs. & Nuts Group 2-3 SERVINGS

Vegetable Group 3-5 SERVINGS







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

Printable Food Guide Pyramid

JG Myers

Printable Food Guide Pyramid:

Unveiling the Magic of Words: A Overview of "Printable Food Guide Pyramid"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Printable 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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