

Food Guide Pyramid

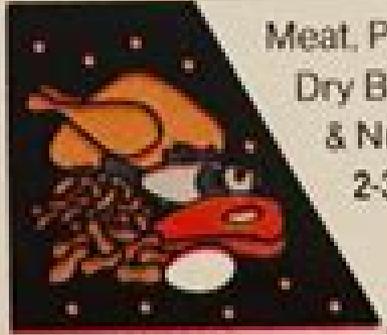
A Guide to Daily Food Choices

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

Fats, Oils, & Sweets
USE SPARINGLY

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**

Food Guide Pyramid Menu

Ensheng Dong



Food Guide Pyramid Menu:

Uncover the mysteries within its enigmatic creation, Embark on a Mystery with **Food Guide Pyramid Menu** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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