

Maintain
balance
between
food and
physical
activity.



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STEPS TO A HEALTHIER YOU

USDA Food Guide Pyramid

original
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Chinese
Food Guide
Pagoda



grains

6 ounces

vegetables

2.5 cups

fruits

2 cups

fats and
oils

limit intake

milk

3 cups

meat, fish,
eggs, and
beans

5.5 ounces

Recommended daily intake for a 2,000-calorie diet.

Food Guide Pyramid Usda

SJ Ball



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