

식품구성탑



식품군별 대표식품의 1인 1회분량

식품군	1인 1회 분량	
유지, 견과 및 당류	식용유 1작은술(5g), 버터 1작은술(5g), 마요네즈 1작은술(5g), 땅콩(10g), 설탕 1큰술(10g)	
우유 및 유제품류	우유 1컵(200g), 치즈 1장(20g)*, 호상요구르트 1/2컵(110g), 액상요구르트 3/4컵(150g), 아이스크림 1/2컵(100g)	
고기, 생선, 계란, 콩류	육류 1접시(생 60g), 닭고기 1조각(생 60g), 생선 1토막(생 50g), 달걀 1개(50g), 두부 2조각(80g), 콩(20g)	
과일류	사과(중) 1/2개(100g), 귤(중) 1개(100g), 참외(중) 1/2개(200g), 포도(중) 15알(100g), 오렌지주스 1/2컵(100g)	
채소류	콩나물 1접시(생 70g), 시금치나물 1접시(생 70g), 배추김치 1접시(40g), 오이소박이 1접시(60g), 비빔 1접시(생 30g), 물미역 1접시(생 30g)	
곡류 및 전분류	곡류 I (300kcal)	밥 1공기(210g), 국수 1대접(건면 100g), 식빵(대) 2쪽(100g),
	곡류 II (100kcal)	떡 2편(절편 50g), 빵(대) 3개(60g), 씨리얼 1접시(30g)

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Korean Food Guide Pyramid

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web mr otis the american minister whatever that means or meant moves his family into a mansion called canterville chase despite earnest warnings from the prior owner lord canterville a man of the most punctilious honour about the ghost that s been haunting the home for 300 years since 1584

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