

Food Guide Pyramid

A Guide to Daily Food Choices

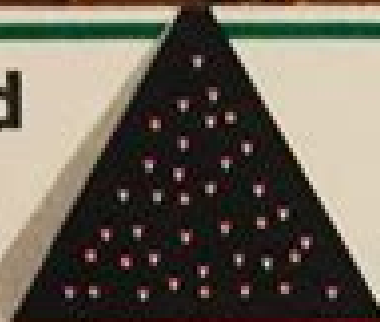
KEY  Fat (naturally occurring and added)
 Sugar (added)
These symbols show fat and added sugars in foods.

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

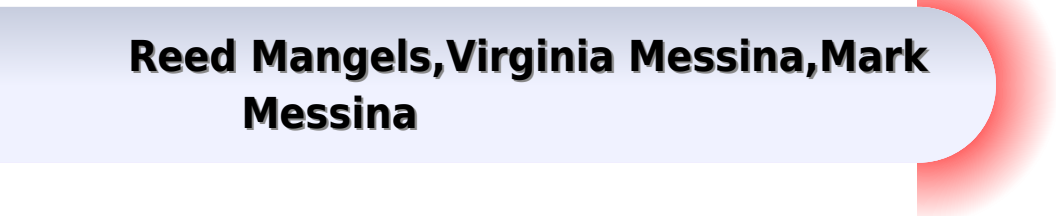


Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS



Food Guide Pyramid For Toddlers

**Reed Mangels, Virginia Messina, Mark
Messina**



Food Guide Pyramid For Toddlers:

Whispering the Techniques of Language: An Mental Quest through **Food Guide Pyramid For Toddlers**

In a digitally-driven world where monitors reign supreme and instant transmission drowns out the subtleties of language, the profound strategies and mental nuances concealed within words usually move unheard. However, situated within the pages of **Food Guide Pyramid For Toddlers** a interesting literary treasure blinking with natural thoughts, lies an exceptional journey waiting to be undertaken. Penned by a skilled wordsmith, this wonderful opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the cloth of each word. Within the emotional depths with this emotional review, we can embark upon a sincere exploration of the book is primary styles, dissect its captivating publishing type, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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