Food Guide Pyramid

A Guide to Daily Food Choices

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

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services.

Use the Food Guide Pyramid to help you eat better every day. . .the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group. Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

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G Orfield

Food Guide Pyramid 2015:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Food Guide Pyramid 2015**

In a world inundated with monitors and the cacophony of immediate communication, the profound energy and psychological resonance of verbal artistry frequently disappear into obscurity, eclipsed by the constant assault of noise and distractions. However, situated within the lyrical pages of **Food Guide Pyramid 2015**, a interesting perform of literary brilliance that pulses with raw feelings, lies an memorable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus manuals readers on an emotional odyssey, softly exposing the latent possible and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect its captivating publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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