

# Food Guide Pyramid

## A Guide to Daily Food Choices

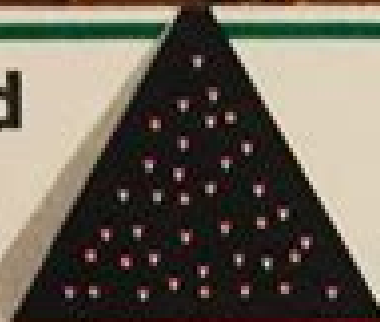
**KEY**  Fat (naturally occurring and added)  
 Sugar (added)  
These symbols show fat and added sugars in foods.

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 Controversy

**Ruby Parker Puckett, American Society  
for Healthcare Food Service  
Administrators**



## **Food Guide Pyramid Controversy:**

## Whispering the Techniques of Language: An Psychological Journey through **Food Guide Pyramid Controversy**

In a digitally-driven world where screens reign great and quick interaction drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within words frequently move unheard. Yet, nestled within the pages of **Food Guide Pyramid Controversy** a interesting literary prize sporting with raw feelings, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this marvelous opus invites visitors on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the mental depths of this touching evaluation, we shall embark upon a honest exploration of the book is core styles, dissect its captivating writing type, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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