

Healthy Food Pyramid

FATS, OILS & SWEETS GROUP

USE SPARINGLY

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as oils, salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories and little else nutritionally.



MILK, YOGURT AND CHEESE GROUP

2-3 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 cup of milk or yogurt
 1 1/2 ounces of natural cheese
 2 ounces of processed cheese



MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP

2-3 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 2-3 ounces of cooked lean meat, poultry, or fish
 1/2 cup of cooked dry beans or 1 egg or 2 tablespoons of peanut butter count as 1 ounce of lean meat.

VEGETABLE GROUP

3-5 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 cup of raw leafy vegetables
 1/2 cup of cooked vegetables
 3/4 cup of vegetable juice



FRUIT GROUP

2-4 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 medium piece of fresh fruit
 1/2 cup of chopped, cooked, or canned fruit
 3/4 cup of fruit juice



BREAD, CEREAL, RICE, AND PASTA GROUP

6-11 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 slice of bread
 1 ounce of ready-to-eat cereal
 1/2 cup of cooked cereal
 1 cup of rice or pasta

Food Guide Pyramid In Different Languages

BM King



Food Guide Pyramid In Different Languages:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Food Guide Pyramid In Different Languages**

In a world inundated with screens and the cacophony of quick interaction, the profound energy and emotional resonance of verbal beauty usually fade in to obscurity, eclipsed by the continuous assault of noise and distractions. However, nestled within the musical pages of **Food Guide Pyramid In Different Languages**, a charming perform of literary elegance that impulses with organic feelings, lies an remarkable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this exciting opus instructions visitors on a mental odyssey, gently exposing the latent possible and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central styles, dissect its captivating publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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