

Maintain  
balance  
between  
food and  
physical  
activity.



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## STEPS TO A HEALTHIER YOU

### USDA Food Guide Pyramid

original  
USDA Food Guide  
Pyramid



Chinese  
Food Guide  
Pagoda



grains

6 ounces

vegetables

2.5 cups

fruits

2 cups

fats and  
oils

limit intake

milk

3 cups

meat, fish,  
eggs, and  
beans

5.5 ounces

Recommended daily intake for a 2,000-calorie diet.

# Food Guide Pyramid Usda

**K Payea**



## **Food Guide Pyramid Usda:**

## **Food Guide Pyramid Usda** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Food Guide Pyramid Usda**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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