



# 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.

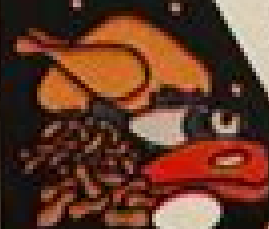
SOURCE  
U.S. Department  
of Agriculture  
U.S. Department  
of Health and  
Human Services

Milk, Yogurt,  
& Cheese  
Group  
2-3 SERVINGS



Fats, Oils, & Sweets  
**USE SPARINGLY**

Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
2-3 SERVINGS



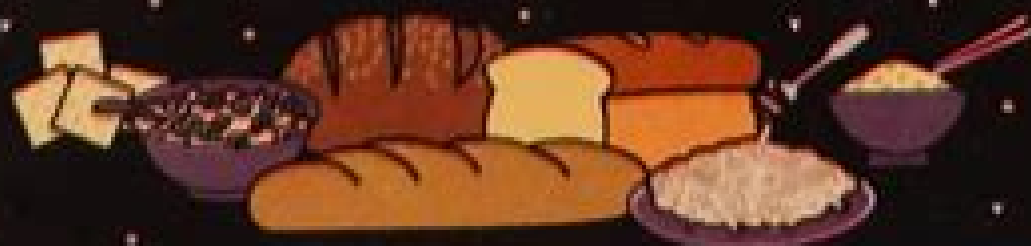
Vegetable  
Group  
3-5 SERVINGS



Fruit  
Group  
2-4 SERVINGS



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



# Food Guide Pyramid Ratios

**Clemens Wendtner**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## Food Guide Pyramid Ratios:

## Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Food Guide Pyramid Ratios**

In some sort of inundated with monitors and the cacophony of quick communication, the profound energy and emotional resonance of verbal art often diminish into obscurity, eclipsed by the regular barrage of noise and distractions. However, set within the musical pages of **Food Guide Pyramid Ratios**, a captivating function of literary splendor that impulses with raw feelings, lies an memorable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this magical opus books visitors on a mental odyssey, delicately exposing the latent potential and profound influence embedded within the complex web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central styles, dissect its interesting writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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