

Maintain
balance
between
food and
physical
activity.



MyPyramid.gov

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 Vs

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Food Guide Pyramid Vs:

The Enigmatic Realm of **Food Guide Pyramid Vs**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Food Guide Pyramid Vs** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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