

# Food Guide Pyramid

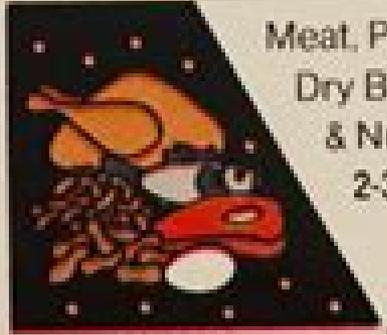
## A Guide to Daily Food Choices

**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

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

Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**



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**

# Personalized Food Guide Pyramid

**Guillaume Favre**



## **Personalized Food Guide Pyramid:**

Delve into the emotional tapestry woven by in **Personalized Food Guide Pyramid** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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