

# 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

**RM Cervero**



**Personalized Food Guide Pyramid:**

## Adopting the Beat of Term: An Emotional Symphony within **Personalized Food Guide Pyramid**

In a world taken by monitors and the ceaseless chatter of immediate conversation, the melodic elegance and mental symphony developed by the prepared term often fade in to the background, eclipsed by the constant noise and interruptions that permeate our lives. But, situated within the pages of **Personalized Food Guide Pyramid** a stunning fictional treasure filled with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this charming masterpiece conducts visitors on a mental trip, well unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths of the emotional analysis, we will explore the book is main harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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