

Food pyramid

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Alcohol
in moderation



Multivitamin
Vitamin D



Sugary Drinks, Sweets, Honey
Chocolate, Salt



Meat, Poultry, Fish, Beans
Eggs, Milk, Yogurt
Chees, Nuts



Vegetable, Fruit



Bread, Cereal
Pasta, Oils
Potatoes
Rice



Daily Exercise, Weight Control

Grains From Food Guide Pyramid

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