

# FREE PORTION SIZE GUIDE



CHOOSE WELLNESS

healthyfood

Now you can always size your food right!

## GRAINS OR CEREALS: 4-6 serves a day. Each of these is one serve ...



## VEGETABLES: 5+ serves a day. Each of these is one serve ...



## FRUIT: 2 serves a day. Each of these is one serve ...



## PROTEIN: 2-3 serves a day. Each of these is one serve ...



## DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve ...



## UNSATURATED FATS: 2-4 a day

Each of these is one serve ...



## TREAT FOODS: not every day. Each of these is one serve ...



# Healthy Serving Size Guide

**K Payea**



## **Healthy Serving Size Guide:**

## Unveiling the Magic of Words: A Report on "**Healthy Serving Size Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Healthy Serving Size Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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