

# 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

**E Durkheim**



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