



Water - minimum of 8 SERVINGS



Milk, Yogurt, & Cheese Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



Fats, Oils, & Sweets
USE SPARINGLY



Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS



Bread, Cereal,
Rice, & Pasta
Group
6-11 SERVINGS



Alcohol
in limited
quantities



Food Guide Pyramid And Essential Nutrients

L Towne



Food Guide Pyramid And Essential Nutrients:

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Food Guide Pyramid And Essential Nutrients** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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