

Healthy Food Pyramid

FATS, OILS & SWEETS GROUP

USE SPARINGLY

The small tip of the Pyramid shows fats, oils and sweets. These are foods such as oils, salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories and little else nutritionally.



MILK, YOGURT AND CHEESE GROUP

2-3 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 cup of milk or yogurt
 1 1/2 ounces of natural cheese
 2 ounces of processed cheese



MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP

2-3 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 2-3 ounces of cooked lean meat, poultry, or fish
 1/2 cup of cooked dry beans or 1 egg or 2 tablespoons of peanut butter count as 1 ounce of lean meat.

VEGETABLE GROUP

3-5 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 cup of raw leafy vegetables
 1/2 cup of cooked vegetables
 3/4 cup of vegetable juice



FRUIT GROUP

2-4 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 medium piece of fresh fruit
 1/2 cup of chopped, cooked, or canned fruit
 3/4 cup of fruit juice



BREAD, CEREAL, RICE AND PASTA GROUP

6-11 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 slice of bread
 1 ounce of ready-to-eat cereal
 1/2 cup of cooked cereal
 1 cup of rice or pasta

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R Barnett



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Table of Contents Food Guide Pyramid For Kids Picture

1. Understanding the eBook Food Guide Pyramid For Kids Picture
 - The Rise of Digital Reading Food Guide Pyramid For Kids Picture
 - Advantages of eBooks Over Traditional Books
2. Identifying Food Guide Pyramid For Kids Picture
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Food Guide Pyramid For Kids Picture
 - User-Friendly Interface
4. Exploring eBook Recommendations from Food Guide Pyramid For Kids Picture
 - Personalized Recommendations
 - Food Guide Pyramid For Kids Picture User Reviews and Ratings
 - Food Guide Pyramid For Kids Picture and Bestseller Lists
5. Accessing Food Guide Pyramid For Kids Picture Free and Paid eBooks
 - Food Guide Pyramid For Kids Picture Public Domain eBooks
 - Food Guide Pyramid For Kids Picture eBook Subscription Services
 - Food Guide Pyramid For Kids Picture Budget-Friendly Options

6. Navigating Food Guide Pyramid For Kids Picture eBook Formats
 - ePub, PDF, MOBI, and More
 - Food Guide Pyramid For Kids Picture Compatibility with Devices
 - Food Guide Pyramid For Kids Picture Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Food Guide Pyramid For Kids Picture
 - Highlighting and Note-Taking Food Guide Pyramid For Kids Picture
 - Interactive Elements Food Guide Pyramid For Kids Picture
8. Staying Engaged with Food Guide Pyramid For Kids Picture
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Food Guide Pyramid For Kids Picture
9. Balancing eBooks and Physical Books Food Guide Pyramid For Kids Picture
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Food Guide Pyramid For Kids Picture
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Food Guide Pyramid For Kids Picture
 - Setting Reading Goals Food Guide Pyramid For Kids Picture
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Food Guide Pyramid For Kids Picture
 - Fact-Checking eBook Content of Food Guide Pyramid For Kids Picture
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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