

# 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

# Food Pyramid Study Guide

**Y Pai**



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## **Table of Contents Food Pyramid Study Guide**

1. Understanding the eBook Food Pyramid Study Guide
  - The Rise of Digital Reading Food Pyramid Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Food Pyramid Study Guide
  - 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 Pyramid Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Food Pyramid Study Guide
  - Personalized Recommendations
  - Food Pyramid Study Guide User Reviews and Ratings
  - Food Pyramid Study Guide and Bestseller Lists
5. Accessing Food Pyramid Study Guide Free and Paid eBooks
  - Food Pyramid Study Guide Public Domain eBooks
  - Food Pyramid Study Guide eBook Subscription Services
  - Food Pyramid Study Guide Budget-Friendly Options
6. Navigating Food Pyramid Study Guide eBook Formats

- ePub, PDF, MOBI, and More
- Food Pyramid Study Guide Compatibility with Devices
- Food Pyramid Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Food Pyramid Study Guide
  - Highlighting and Note-Taking Food Pyramid Study Guide
  - Interactive Elements Food Pyramid Study Guide
- 8. Staying Engaged with Food Pyramid Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Food Pyramid Study Guide
- 9. Balancing eBooks and Physical Books Food Pyramid Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Food Pyramid Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Food Pyramid Study Guide
  - Setting Reading Goals Food Pyramid Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Food Pyramid Study Guide
  - Fact-Checking eBook Content of Food Pyramid Study Guide
  - 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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