

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 Group Guide Pyramid

Donald F. Tapley



Food Group Guide Pyramid:

The book delves into Food Group Guide Pyramid. Food Group Guide Pyramid is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Food Group Guide Pyramid, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Food Group Guide Pyramid
- Chapter 2: Essential Elements of Food Group Guide Pyramid
- Chapter 3: Food Group Guide Pyramid in Everyday Life
- Chapter 4: Food Group Guide Pyramid in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Food Group Guide Pyramid. This chapter will explore what Food Group Guide Pyramid is, why Food Group Guide Pyramid is vital, and how to effectively learn about Food Group Guide Pyramid.

3. In chapter 2, the author will delve into the foundational concepts of Food Group Guide Pyramid. The second chapter will elucidate the essential principles that must be understood to grasp Food Group Guide Pyramid in its entirety.

4. In chapter 3, the author will examine the practical applications of Food Group Guide Pyramid in daily life. This chapter will showcase real-world examples of how Food Group Guide Pyramid can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Food Group Guide Pyramid in specific contexts. The fourth chapter will explore how Food Group Guide Pyramid is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Food Group Guide Pyramid. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Food Group Guide Pyramid.

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Food Group Guide Pyramid Introduction

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vous emmèneront sous d'autres latitudes le temps d'un repas les recettes thaï les plus populaires savourez ici toutes nos belles recettes thaï amateurs de poissons de viandes et de légumes elles sont faites pour
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