

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 Guide Pyramid Ratios

Christian G. Meyer



Food Guide Pyramid Ratios:

Enjoying the Track of Phrase: An Psychological Symphony within **Food Guide Pyramid Ratios**

In a world used by screens and the ceaseless chatter of quick connection, the melodic beauty and psychological symphony produced by the published term often diminish into the background, eclipsed by the relentless sound and interruptions that permeate our lives. However, situated within the pages of **Food Guide Pyramid Ratios** a stunning literary prize filled with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this captivating masterpiece conducts viewers on an emotional journey, skillfully unraveling the hidden tunes and profound impact resonating within each carefully constructed phrase. Within the depths of this poignant analysis, we will explore the book is key harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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