

# 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

**Disha Experts**



## **Food Pyramid Study Guide:**

*Food Pyramid And Nutrition Guide (Speedy Study Guide)* Speedy Publishing,2015-01-04 A Food guide and nutrition guide can help you to eat healthy because they are a mental reminder of what foods you need to eat to properly fuel your body Having a visual reminder comes in handy when you are tempted by less nutrition options They may also give you options that you may not have thought about previously Nutrition guides sometimes contain healthy recipes that can lead you to try new and healthy foods They are great tools in improving the way you eat

**Food Pyramid and Nutrition Guide (Speedy Study Guide)** Speedy Publishing LLC,2015-01-02 A Food guide and nutrition guide can help you to eat healthy because they are a mental reminder of what foods you need to eat to properly fuel your body Having a visual reminder comes in handy when you are tempted by less nutrition options They may also give you options that you may not have thought about previously Nutrition guides sometimes contain healthy recipes that can lead you to try new and healthy foods They are great tools in improving the way you eat

**Study Guide for The Anatomy and Physiology Learning System** Edith Applegate,2010-03-30 Designed to accompany The Anatomy and Physiology Learning System 4th Edition by Edith Applegate this study guide helps you learn and review basic A P concepts Each chapter emphasizes medical terminology with a set of key terms word parts clinical terms and abbreviations and then adds a variety of fun filled learning exercises review questions a quiz and a word puzzle The study guide corresponds to the textbook chapter for chapter Chapter learning objectives help you focus on the most important material Key concepts are defined on the first page of each chapter in the workbook Learning exercises for each chapter include short answer matching and diagrams to label and color Self quizzes allow you to measure your progress and understanding Fun and Games features end each chapter with a variety of engaging puzzles covering words and concepts A chapter summary provides a brief review of each chapter A chapter review provides questions for reinforcement and review of the concepts in each chapter

[The Math of Food](#) Hope Martin,Susan Guengerich,1999 How can math help you improve your diet Your students will find out as they work the 20 fun math problems involving nutrition such as proper diet exercise and using information from food labels Activities show how math is part of their everyday lives and connects to other subject areas such as consumer education and social studies A unit also examines world hunger Teacher notes list each lesson s math skills concepts needed materials procedures assessment and extension activities Correlates to NCTM standards

[MEGA Study Guide for NTSE 2021 \(SAT & MAT\) Class 10 Stage 1 & 2 - 12th Edition](#) Disha Experts,2020-05-13 This new 12th edition of MEGA Study Guide for NTSE 2021 Class 10 is empowered with the inclusion of 2020 Stage I questions of the different states The book is based on the syllabus of Class 8 9 10 as prescribed by NCERT There are 27 chapters in the Mental Ability Section MAT The Scholastic Aptitude section SAT has been divided into 8 parts Physics Chemistry Biology Mathematics History Geography Civics and Economics The book provides past questions of last 10 years of NTSE Stage 1 2012 2020 Stage 2 2012 2019 JSTSE papers divided chapter wise The book

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and 5 design for survival discussing ecosystem management and control of environmental quality fertility regulation and humanity's future Lists of reference readings are included after each of the parts ML **Special Reference Briefs**, 1983

**Healing By Design** Scott Hannen, 2011-11-21 Learn how to restore your body's balance by tapping into its built-in healing mechanisms In this revised guide chiropractor and ordained minister Hannen shows you how to feed cleanse and protect your cells treat causes not symptoms beat stress and depression and eliminate chronic pain and sickness Includes diet plans and interactive study questions **Study Guide and Student Solutions Manual for Use with Statistics, a First Course, First Canadian Edition** Robert K. Smidt, 2001 *Test Items and Interactive Electronic Study Guide Questions for Starr's Biology : Concept and Applications* Larry G. Sellers, 2000 **Pocket Atlas of Nutrition** Hans Konrad Biesalski, Peter Grimm, 2005-03-09 Concise practical and designed for quick reference With obesity and diabetes assuming alarming epidemic proportions diet and nutrition are in the spotlight more than ever before It has never been more important for health care professionals to be well informed not only about the latest developments but also about the scientific facts The Pocket Atlas of Nutrition is an accessible guide to all aspects of nutrition from basic chemistry to the most recent dietary guidelines Includes More than 150 easy to understand full color plates A comprehensive list of nutrients including for each its composition effect function occurrence and daily requirements as well as recommended intake An extensive listing of all vitamins minerals trace elements as well as non nutritive substances with their function and interaction Accessible discussions of special diets as well as nutritional recommendations for various medical conditions and throughout the life course e.g. for pregnant women or athletes Up to date coverage of food related diseases including BSE genetically modified foods food quality food allergies and functional foods We are bombarded by new information and claims about nutrition every day The Pocket Atlas of Nutrition concise practical and designed for quick reference is an ideal basic guide for professionals and interested lay readers alike [Human Condition Telecourse Study Guide](#) Intelecom, Wendy Schiff, 2000-08 *Food for Today* Kowtaluk, 1997-12

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