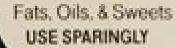
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A Guide to Daily Food Choices

KEY □ Fat (naturally occurring and added)

□ Sugar (added)

These symbols show lat and added sugars in foods.



SOURCE U.S. Department of Agriculture U.S. Department of Health and Human Services

Milk, Yogurt, & Cheese Group 2-3 SERVINGS





Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group 2-3 SERVINGS

Vegetable Group 3-5 SERVINGS





Fruit Group 2-4 SERVINGS



Bread, Cereal.
Rice, & Pasta
Group
6-11
SERVINGS

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O García

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The Edible Pyramid, 1994 The head waiter a French cat in tails the Edible Pyramid restaurant explains the dishes to his customers a menagerie of other animals in equally formal attire Each segment of the pyramid is presented in a two page spread defining the food group mentioned and illustrating it with many mouth watering examples The recommended number of daily servings is also explained and after going through the entire menu the maitre d helps his diners select a balanced meal Paintings of the animals and food are done in muted colours A small pyramid appears in the corner of each illustration with the block being examined highlighted Guide to the Foods You Eat Pamela Horn, 1999-04-30 A comprehensive easy to use encyclopedia of nutritional values for generic brand name and fast foods including information about cholesterol calories vitamins minerals and more Comb binding with section dividers History of Tempeh and Tempeh Products (1815-2020) William Shurtleff; Akiko Aoyagi, 2020-03-22 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 234 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books The Hospitality Industry Handbook on Nutrition and Menu Planning Lisa Gordon-Davis, Lientjie Van Rensburg, 2004-04 South Africa's hospitality industry has to cater for extremely diverse nutritional needs those of foreign tourists as well as South Africans from all cultural and religious sectors Nutrition principles and ideas on how to fully utilise South Africa food resources are explored in this title History of Tempeh and Tempeh Products (1815-2022) William Shurtleff; Akiko Aoyagi, 2022-02-06 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 325 photographs and illustrations mostly color Free of charge in digital PDF format History of Soybeans and Soyfoods in China, in Chinese Cookbooks and Restaurants, and in Chinese Work with Soyfoods Outside China (Including Taiwan, Manchuria, Hong Kong & **Tibet)** (1949-2022) William Shurtleff; Akiko Aoyagi,2022-01-11 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 231 photographs and illustrations mostly color The Restaurant Companion Hope S. 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Tershia D'Elgin, 2007-12-18 The must have guide to the first revision of the food pyramid in over 13 years For the first time in more than a decade the U S Department of Agriculture has revised the Food Pyramid the government s official recommendations concerning the nutrients our bodies require and the proportion of each we need to stay healthy The new guidelines called My Pyramid have been significantly adjusted to reflect the latest scientific research on nutrition They are also very confusing What Should I Eat helps clarify My Pyramid's vast and complicated information and tells you exactly what you need to know in order to benefit from the new nutritional guidelines Moreover this essential manual will show you how to tailor My Pyramid for your specific health and fitness needs You will learn how to Best meet the requirements of each food group Eyeball portion sizes What does an ounce look like Gauge nutrition requirements for both women and men Pack maximum nutrition into every meal Make smart choices in restaurants Incorporate exercise into your busy schedule With tips for shopping storage and cooking and suggestions for seeking nutritional supplements and professional care What Should I Eat is your ultimate roadmap to a long and healthy life Nutrition Psychology Melinda Blackman, Colleen Kvaska.2010-03-15 Nutrition Psychology Improving Dietary Adherence presents prominent psychological theories that are known to drive human eating behavior and reveal how these models can be transformed into proactive strategies for adhering to healthy dietary regimens BSCS Science TRACS G5 Inv. 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