

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

RC Schank



Food Pyramid Study Guide:

Whispering the Strategies of Language: An Mental Journey through **Food Pyramid Study Guide**

In a digitally-driven world wherever displays reign supreme and quick communication drowns out the subtleties of language, the profound secrets and emotional nuances hidden within words often go unheard. However, situated within the pages of **Food Pyramid Study Guide** a charming fictional value sporting with fresh feelings, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, this enchanting opus encourages readers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the very fabric of each and every word. Within the psychological depths with this touching review, we will embark upon a honest exploration of the book is key themes, dissect their interesting publishing design, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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