

USE SPARINGLY

Fats, oils and sweets



2-3 SERVINGS

Milk, yogurt and cheese group



2-3 SERVINGS

Meat, poultry, fish, dry beans, eggs and nuts



3-5 SERVINGS

Vegetable group



2-4 SERVINGS

Fruit group



6-11 SERVINGS

Bread, cereal, rice, pasta group

Food Guide Pyramid Controversy

Yijin Wang



Food Guide Pyramid Controversy:

Food Guide Pyramid Controversy Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Food Guide Pyramid Controversy**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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