

# USDA Food Pyramid

Fats, Oils & Sweets

USE SPARINGLY

Milk, Yogurt &  
Cheese Group

2-3 SERVINGS

Vegetable Group

3-5 SERVINGS

Key

- Fat (naturally occurring and added)
- Sugars (added)

These symbols show fats and added sugars in foods.

Meat, Poultry, Fish, Dry  
Beans, Eggs & Nuts Group

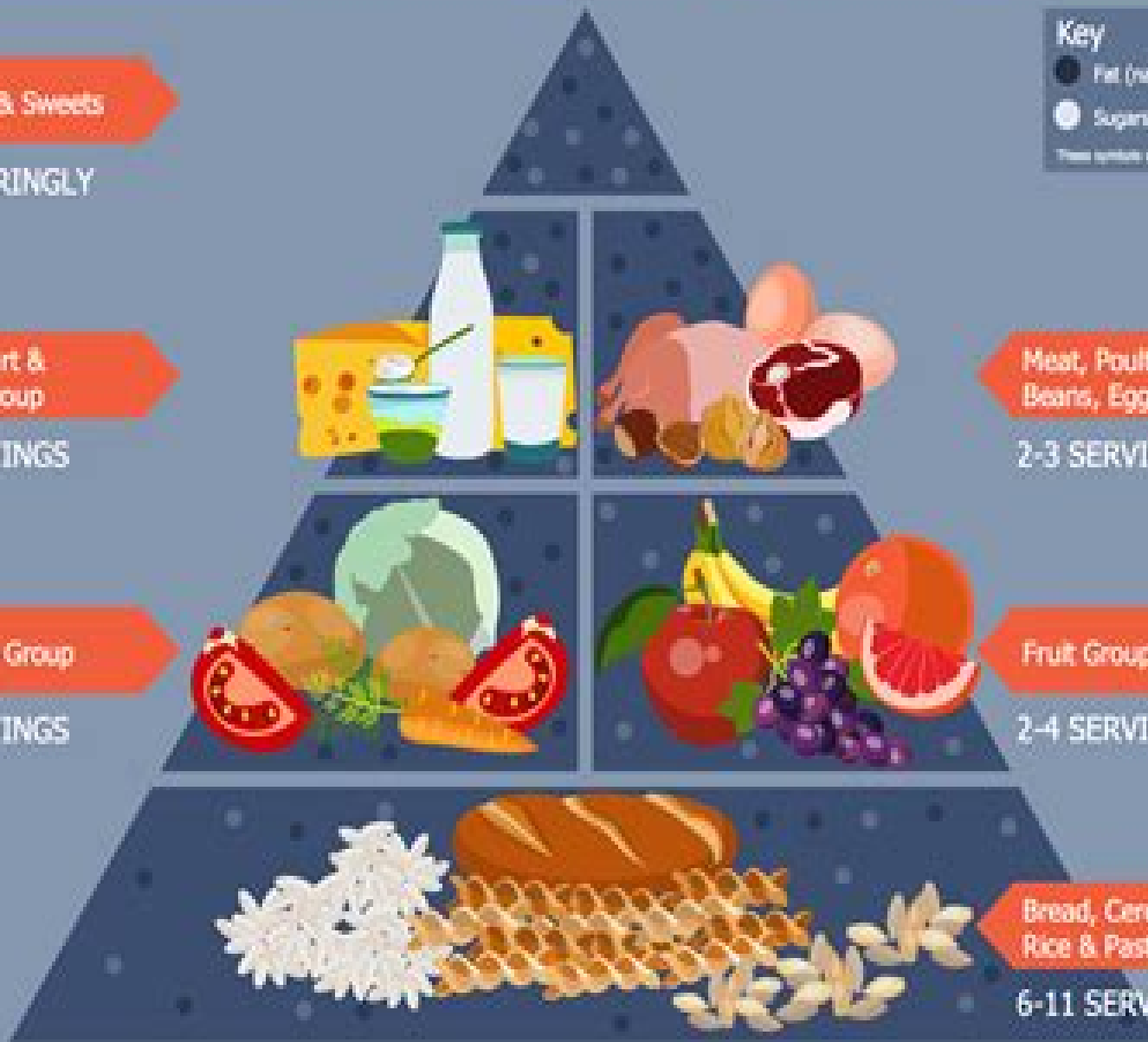
2-3 SERVINGS

Fruit Group

2-4 SERVINGS

Bread, Cereal,  
Rice & Pasta Group

6-11 SERVINGS



# Us Government Guide To Nutrition

**IM Harris**



## **Us Government Guide To Nutrition:**

## Reviewing **Us Government Guide To Nutrition**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Us Government Guide To Nutrition**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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