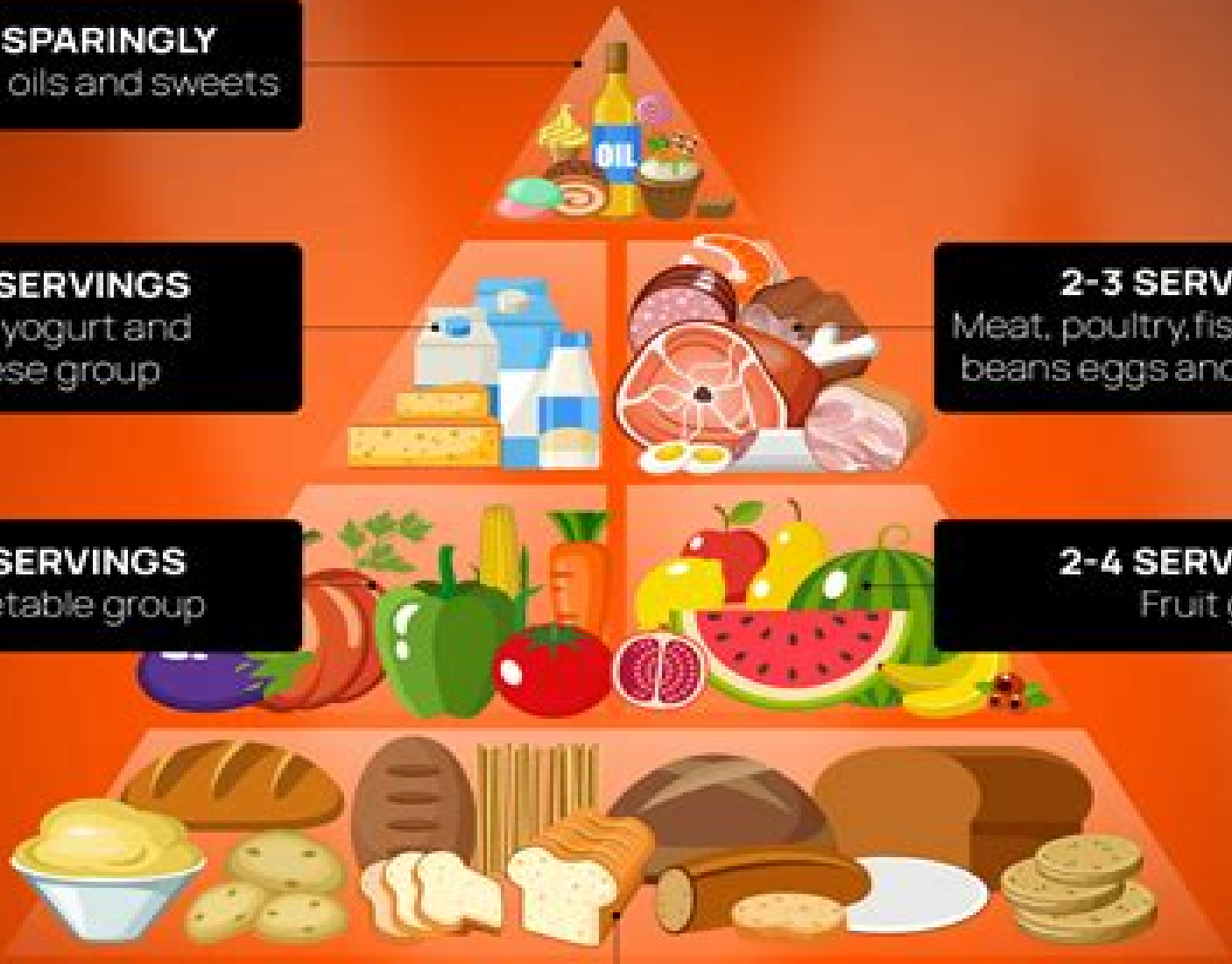
USE SPARINGLY
Fats, oils and sweets

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

Personalized Food Guide Pyramid

ML Morrison

Personalized Food Guide Pyramid:

Enjoying the Song of Phrase: An Psychological Symphony within **Personalized Food Guide Pyramid**

In a world consumed by displays and the ceaseless chatter of instantaneous interaction, the melodic elegance and emotional symphony produced by the published term usually diminish in to the backdrop, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, set within the pages of **Personalized Food Guide Pyramid** a charming literary treasure brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that charming masterpiece conducts readers on a mental journey, skillfully unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths of the poignant evaluation, we will explore the book is central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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