

**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

**JL Elias**



**Personalized Food Guide Pyramid:**

## Unveiling the Magic of Words: A Report on "**Personalized Food Guide Pyramid**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Personalized Food Guide Pyramid**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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