

STEPS TO A HEALTHIER YOU

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Grains

Make half your grains whole grains

- eat at least 3 ounces of whole grains a day

Get about 6 ounces of grains per day.*

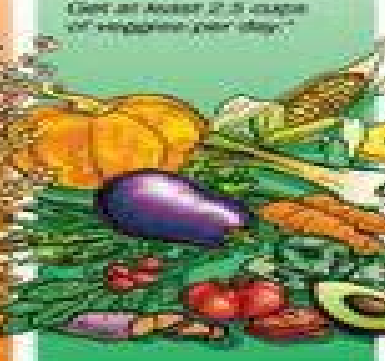


Vegetables

Vary your veggies:

- eat more dark green
- eat more orange
- eat more dried peas and beans (legumes)

Get at least 2-3 cups of veggies per day.*

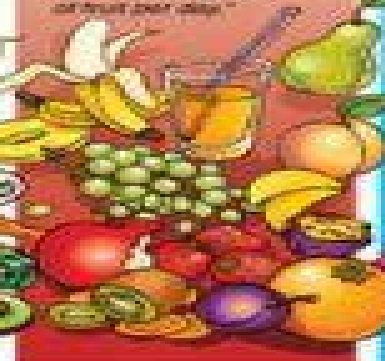


Fruits

Focus on fruit

- eat a variety of fruit
- go easy on the juice and sweets with added sugars

Get at least 2 cups of fruit per day.*



Milk

Get your calcium-rich foods

- choose low-fat or fat-free dairy products or other calcium-rich foods

Get about 3 cups of skim milk or fat-free yogurt per day.*

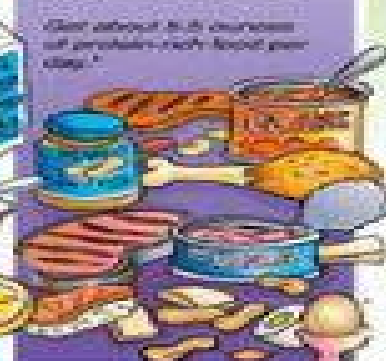


Meat & Beans

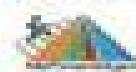
Go lean on protein

- eat more fish, legumes, nuts and seeds
- use lean cuts of meat and white poultry
- prepare with little fat

Get about 4-6 ounces of protein-rich food per day.*



*These amounts are for persons requiring a 2,600-calorie diet. Visit mypyramid.gov for a personal plan according to age, sex and activity level.



Nutrition Applappr W 2 Cds My Pyramid

Ian Pickup



Nutrition Applappr W 2 Cds My Pyramid:

Decoding **Nutrition Applappr W 2 Cds My Pyramid**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Nutrition Applappr W 2 Cds My Pyramid**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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