

Fats, Oils, & Sweets  
**USE SPARINGLY**

**KEY**

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

These symbols show fats, oils, and added sugars in foods.

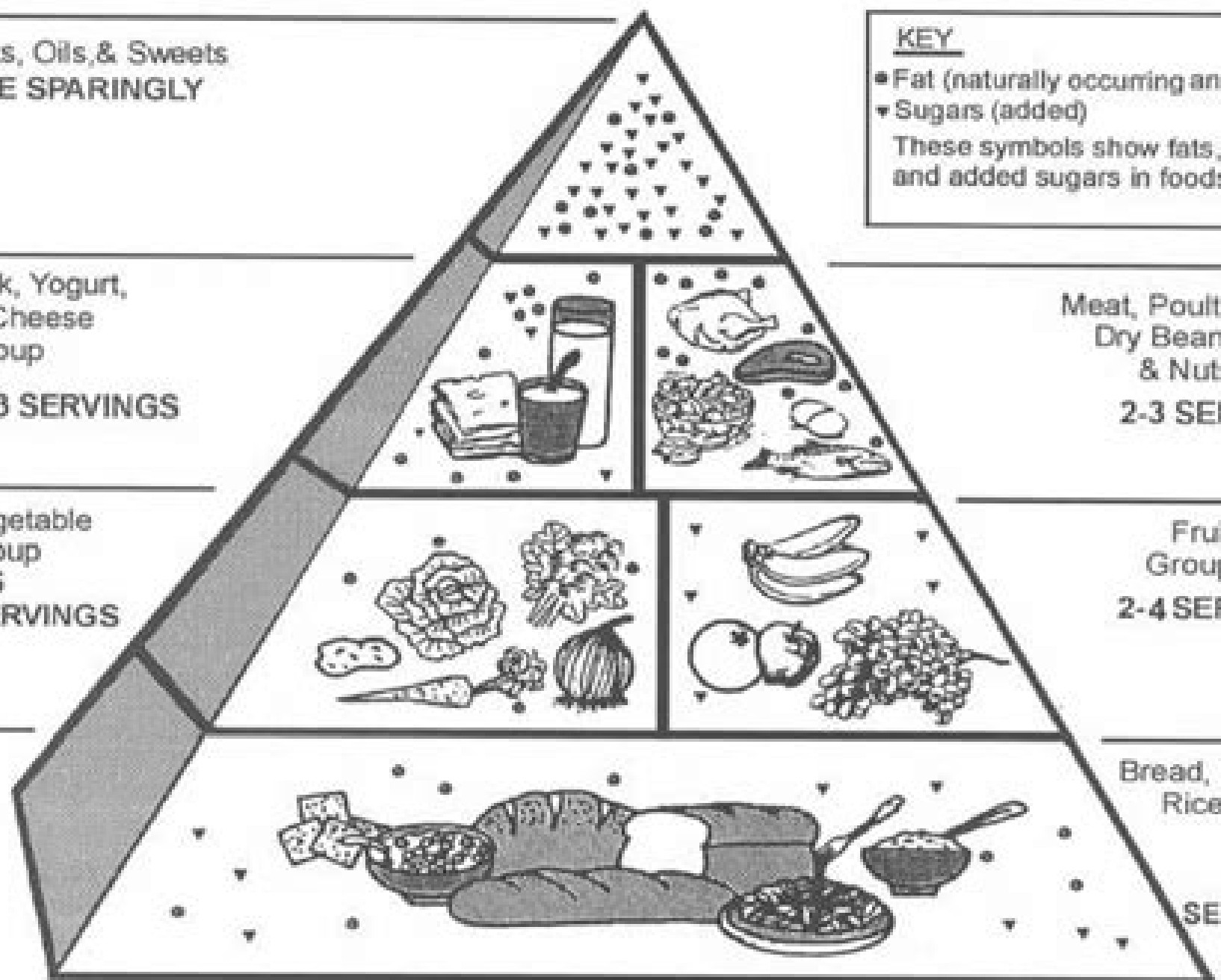
Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**

Meat, Poultry, Fish,  
Dry Beans, Eggs  
& Nuts Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5  
SERVINGS**

Fruit  
Group  
**2-4 SERVINGS**

Bread, Cereal,  
Rice, Pasta  
Group  
**6-11  
SERVINGS**



# Nutrition In Preventive Dentistry

**Shasha Hu**

A decorative red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Nutrition In Preventive Dentistry:**

## Unveiling the Magic of Words: A Review of "**Nutrition In Preventive Dentistry**"

In a world 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 "**Nutrition In Preventive Dentistry**," a mesmerizing literary masterpiece penned by 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 into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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## **Nutrition In Preventive Dentistry Introduction**

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