Food Guide Pyramid

A Guide to Daily Food Choices

KEY ☐ Fat (naturally occurring and added)
☐ Sugar (added)
These symbols show fat and added sugars in foods.

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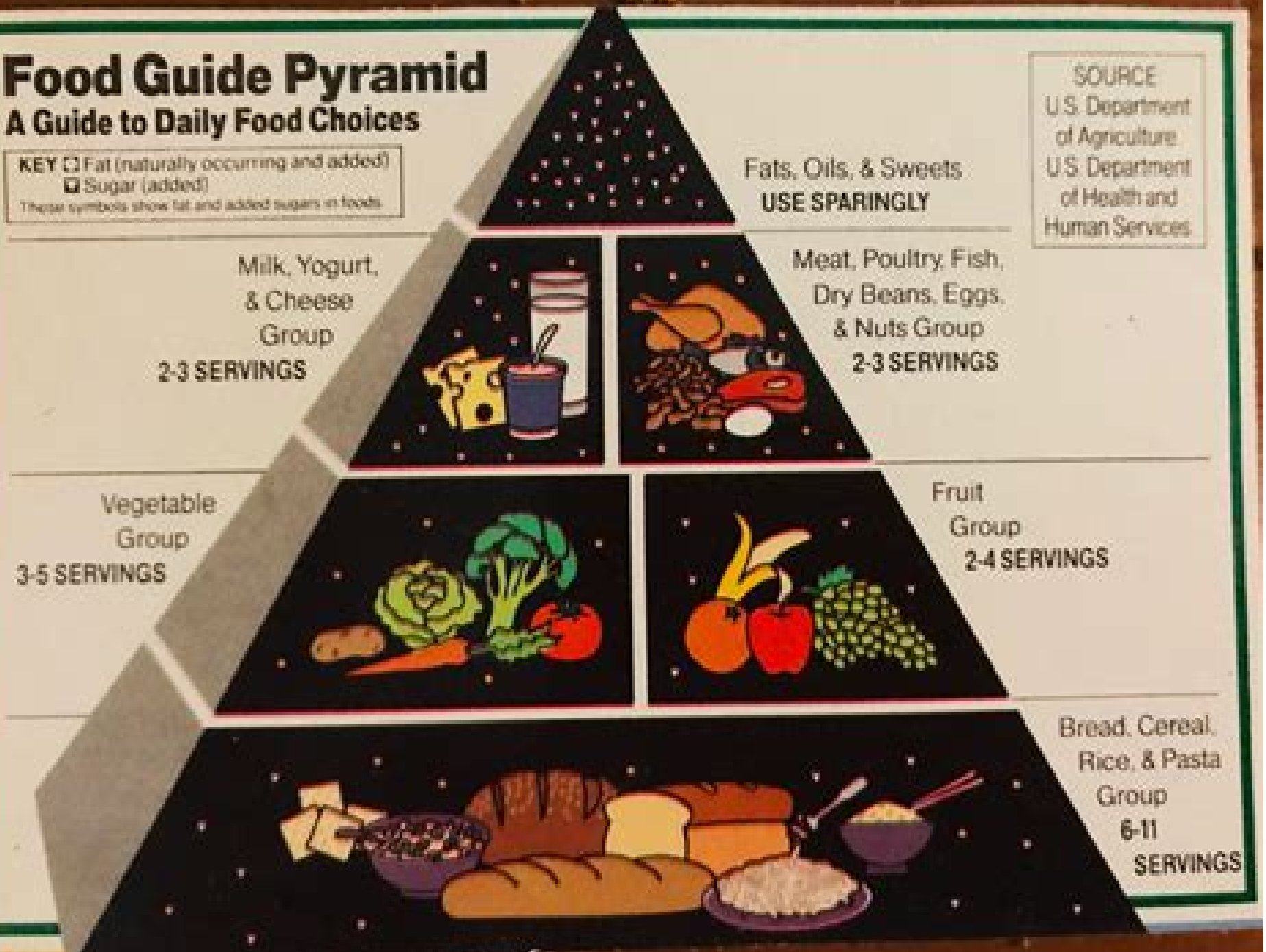

Personalized Food Guide Pyramid

Julia Schneider

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