

Title:

The Food Guide Pyramid

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442

Summary:

The Food Guide Pyramid is one manner for Americans to read how to eat healthy. A rainbow of c

Keywords:

rwa food,health,diet

Article Body:

The Food Guide Pyramid is one manner for Americans to read how to eat healthy. A rainbow of c

orange = grains

green = vegetables

red = fruits

yellow = fats and oils

blue = milk and dairy products

purple = meat, beans, fish, and nuts

The U.S. Department of Agriculture (USDA) modified the pyramid in spring 2005 because they wan

The Pyramid Speaks to us in several ways. Let us all confront a few of the additional topics t

A person should eat a wide variety of foods. A balanced diet is one that makes use of all the

We should eat less of some foods, and extra of others. You can see that the bands for meat and

Your family also can see the bands start out fatter and get skinnier as they approach the top

We should all make nutrition personal. Through the USDA's MyPyramid website, families can get

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