Foods an

Foods and drinks high in fat, sugar and salt



Mind people consiste stacks high in fat, super and salt and sugar occutanced drinks up to 4 times a day (Neutrly trained furvey (1716). There are no reconstanted servings for Top (helf fourth and drinks because they are not needed for good health.

Use as Bible as possible. Choose mores or polyumistorated reduced fat or hight spreads. Choose represent, olive, canolis, sunflower or corn oils. (Init majorousse, Fats, spreads and oils reliefate and saled dressings at they also contain oil. Always cook with a little ful or oil as possible - grilling, comitating steaming boding or sto frying. Meat, poultry, fish, eggs, beans and nuts Choose lean meat, poultry builthout skiel and fish. Eat sity fish upto factor a week. Occord aggs, beam and note. Limit processed safty means such as squeaters, bacon and ham-Choose reduced fait or loss foll varieties. Choose loss fat eick and yogurt more often. Milk, yogurt and cheese that cheese Ergoy cheese in small amounts. Whomen lates are prognant or broadfeeding need 3 servings a day Wholesteal and wholegrain cereal; are Wholemeal cereals best Engine at earth meat. The number of servings depends on age, size, if you and breads, potatoes, are a true or a society and so activity SHE AND breats. Webch-your serving size and pasta and rice. use the Daily Servings Guids Settins ? Base your rheals on these and erpty a Vegetables, 5-7 variety of colours. More is better time! salad and fruit Bruit juice to undosetened, once a dep-

My Food Guide Pyrmid

Padhraic Smyth



Whispering the Techniques of Language: An Emotional Journey through My Food Guide Pyrmid

In a digitally-driven world where displays reign great and immediate transmission drowns out the subtleties of language, the profound strategies and emotional nuances concealed within words usually go unheard. However, located within the pages of **My Food Guide Pyrmid** a charming fictional value blinking with natural thoughts, lies a fantastic quest waiting to be undertaken. Penned by an experienced wordsmith, that marvelous opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles cloth of each and every word. Within the mental depths of this poignant review, we shall embark upon a sincere exploration of the book is key themes, dissect their interesting publishing style, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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