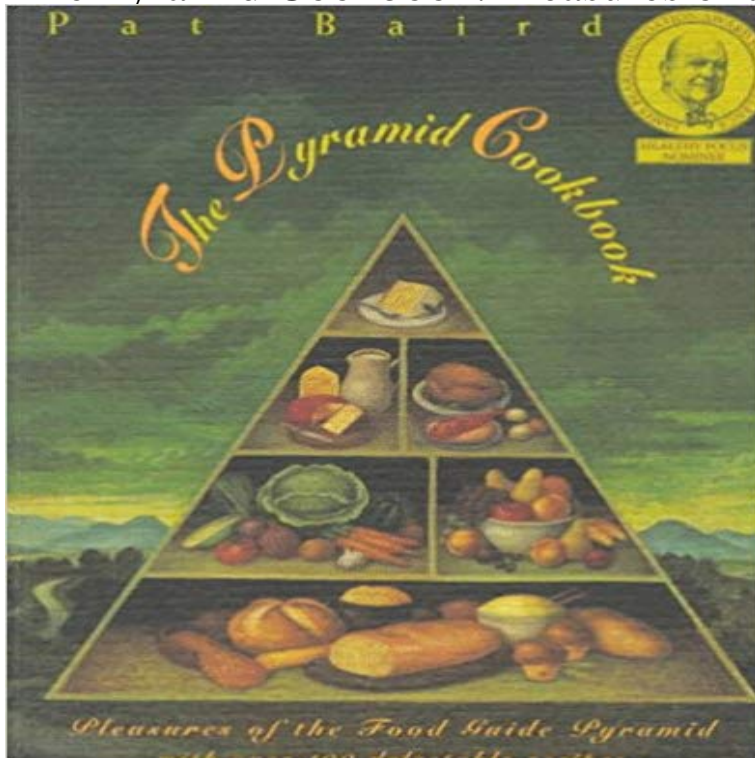


The Pyramid Cookbook: Pleasures of the Food Guide Pyramid



A registered dietitian, nutrition consultant, and health teacher, Pat Baird explains the USDA Food Guide Pyramid that represents the five food groups included in the U.S. Dietary Guidelines for a healthy diet. Baird defines exactly what comprises a serving of each food group and how to make the Pyramid work whether eating at home or at a restaurant.

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