

# Pyramid Guide Supplement

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**the nutrition source | harvard t.h. chan school of** - The Nutrition Source provides evidence-based diet & nutrition information for clinicians, health professionals and the public.

**modified mypyramid for older adults - journal of** - Abstract. In 1999 we proposed a Modified Food Guide Pyramid for adults aged 70+ y. It has been extensively used in a variety of settings and formats to

**about the pyramid - the supplement pyramid** - About the Supplement Pyramid. Like the food pyramid, the Supplement Pyramid is an educational graphic tool designed to guide you in making healthy choices.

**food pyramid (nutrition) - wikipedia, the free** - A food pyramid or diet pyramid is a pyramid-shaped diagram representing the optimal number of servings to be eaten each day from each of the basic food groups.

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