

# HEALTHY LIVING PYRAMID

## Eat in Small Amounts

Oil Margarine  
Reduced-fat spreads Butter Sugar

## Eat Moderately

Lean meat Eggs Fish  
Chicken (no Skin) Milk  
Yoghurt Cheese

## Eat Most

Vegetables  
Dried peas  
Beans  
Lentils  
Cereals  
Bread  
Fruit  
Nuts

Move More

Move More



# The Guide To Healthy Living

**Jodie Shield, M.Ed., R.D, Mary  
Catherine Mullen, M.S., R.D**



## **The Guide To Healthy Living:**

## Unveiling the Magic of Words: A Overview of "**The Guide To Healthy Living**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**The Guide To Healthy Living**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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