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A food pyramid or diet pyramid is a triangular diagram representing the optimal number of servings to be eaten each day from each of the basic food groups. The first pyramid was published in Sweden in 1974. The 1992 pyramid introduced by the United States Department of Agriculture (USDA) was called the "Food Guide Pyramid" or "Eating Right Pyramid". It was updated in 2005 to "MyPyramid", and ...

### **Food pyramid (nutrition) - Wikipedia**

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