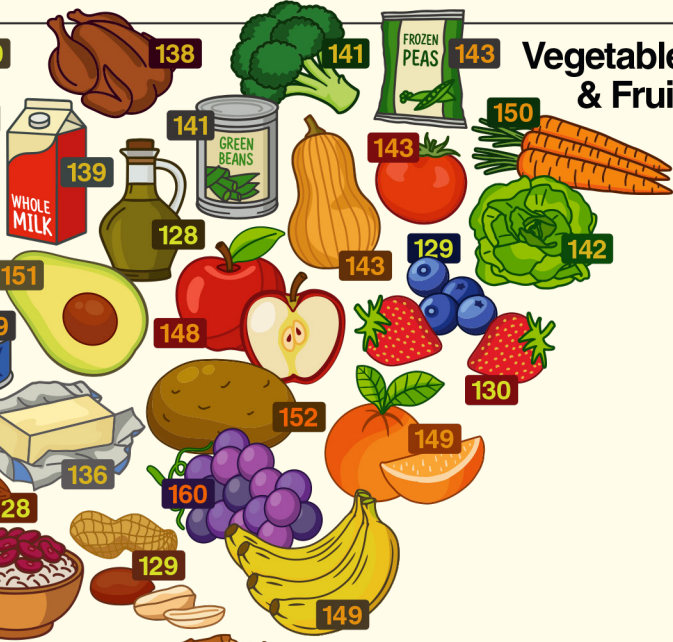


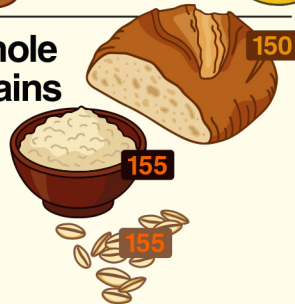
Protein, Dairy & Healthy Fats



Vegetables & Fruits



Whole Grains



Deuteronome of US food pyramid 2026–2030

Estimates based on natural growing-feeding practices

<https://realfood.gov>

<https://doi.org/10.1073/pnas.2412390121>

Deuterium content values

- PPM 125-133
- PPM 134-142
- PPM 143-151
- PPM 152-160



V.260121