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Document Title: Dietary Guidelines for Americans, 2025–2030

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The infographic is a heart-shaped collage of various food items. At the top left, under the heading "Protein, Dairy & Healthy Fats", are items like a turkey, salmon, eggs, and a carton of "Whole Milk". At the top right, under "Vegetables & Fruits", are items like broccoli, green beans, carrots, and various fruits. At the bottom, under "Whole Grains", are items like bread, a bowl of cereal, and a bowl of soup. The text "realfood.gov" is in the bottom left and "2025-2030" is in the bottom right of the infographic.

Windows Taskbar: Пошук, Feels colder, 19:15, 21.01.2026