

The Food Guide Pyramid

A Guide to Daily Food Choices

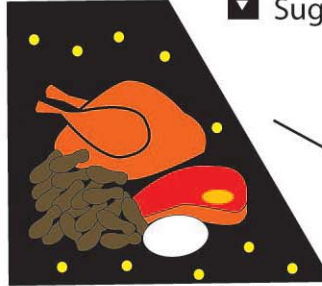
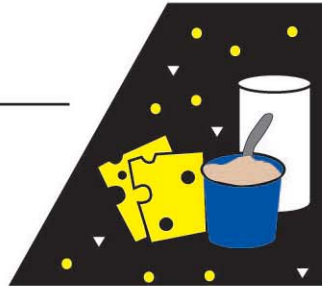
These symbols show fats and added sugars in foods.

Fats, Oils, & Sweets
USE SPARINGLY

KEY

- Fat (naturally occurring and added)
- ▼ Sugars (added)

Milk, Yogurt
& Cheese Group
2-3 SERVINGS!



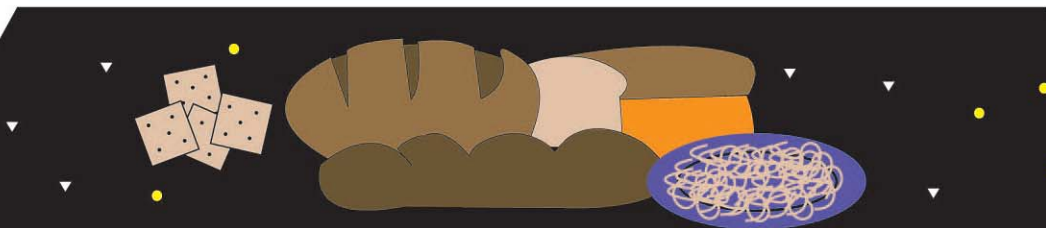
Meat, Poultry, Fish,
Dry Beans, Eggs &
Nut Group
2-3 SERVINGS!

Vegetable Group
3-5 SERVINGS!



Fruit Group
2-4 SERVINGS!

Bread,
Cereal,
Rice, &
Pasta
**6-11
SERVINGS**



Source: U.S. Department of Agriculture. U.S. Dept. Health and Human Services.