

# Food Guide Pyramid

## A Guide to Daily Food Choices

Fats, Oils, & Sweets  
USE SPARINGLY

KEY

◻ Fat (naturally occurring and added)    ◻ Sugars (added)

These symbols show fats, oils, and added sugars in foods.

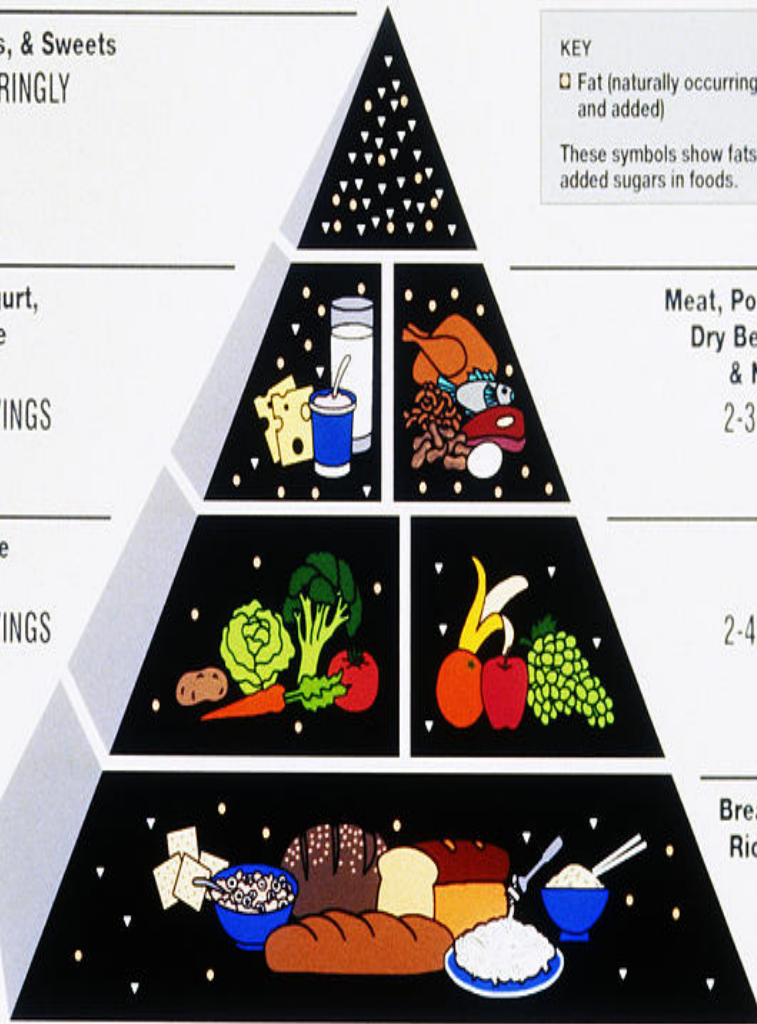
Milk, Yogurt, & Cheese Group  
2-3 SERVINGS

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

Vegetable Group  
3-5 SERVINGS

Fruit Group  
2-4 SERVINGS

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



911  
100