

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**

