

Food Guide Pyramid

Fats, Oils & Sweets
USE SPARINGLY

KEY
■ Fat (naturally occurring and added)
▼ Sugars (added)
These symbols show fats 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

