

Food Guide Pyramid

A Guide to daily Food Choices

Fats, oils and sweets
Use Sparingly

KEY

■ **Fat** (NATURALLY OCCURRING AND ADDED) ■ **Sugars** (ADDED)

THESE SYMBOLS SHOW FATS AND ADDED SUGARS IN FOODS.

Milk, yogurt and cheese group
2-3 servings

Meat, poultry, fish, eggs, dry beans and nuts group
2-3 servings

Vegetable group
3-5 servings

Fruit group
2-4 servings

Bread, cereal, rice & pasta group
6-11 servings

ORIGINAL SOURCE: U.S. DEPARTMENT OF AGRICULTURE/U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES