

The Food Guide Pyramid

A Guide to Daily Food Choices

KEY

◐ Fat (naturally occurring and added)

◑ Sugars (added)

These symbols show fat and added sugars in foods.

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Sugars (added)

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Fats, Oils, & Sweets
USE SPARINGLY

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

