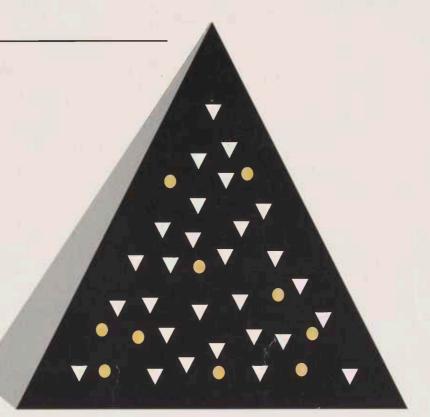
Food Guide Pyramid

A Guide to Daily Food Choices





KEY

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

These symbols show fat and added sugars in foods.

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

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services.

Use the Food Guide Pyramid to help you eat better every day. . .the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group. Each of these

food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.