

The Food 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

