

# Food Guide Pyramid

## A Guide to Daily Food Choices

**KEY**  Fat (naturally occurring and added)  
 Sugar (added)  
These symbols show fat and added sugars in foods.

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

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**



# Personalized Food Guide Pyramid

**Dorothy Klimis-Zacas**



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