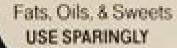
Food Guide Pyramid

A Guide to Daily Food Choices

KEY □ Fat (naturally occurring and added)

□ Sugar (added)

These symbols show lat and added sugars in foods.



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

Milk, Yogurt, & Cheese Group 2-3 SERVINGS

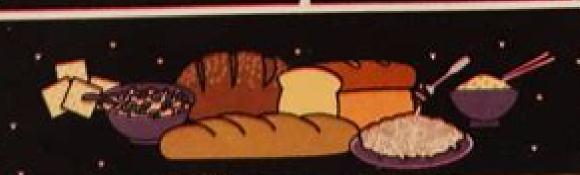


Meat, Poultry, Fish, Dry Beans, Eggs. & Nuts Group 2-3 SERVINGS

Vegetable Group 3-5 SERVINGS







Bread, Cereal, Rice, & Pasta Group 6-11 SERVINGS

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