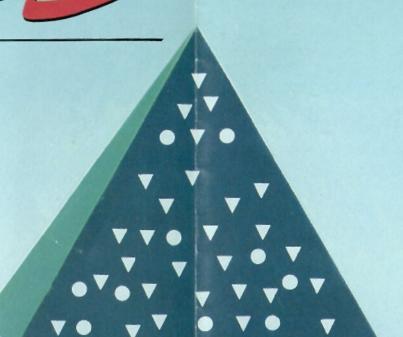
FOOD GUIDE DVDAMD

WHERE IT'S SMOOTH TO MISS THE POINT

Fats, Oils, & Sweets
USE SPARINGLY



Key

Fat (naturally occurring and added)

▲ Sugars (added)

These symbols show fats, oils, 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

V