

FOOD GUIDE

PYRAMID

WHERE IT'S *Smart* 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

Defense

BILLBOARD 62