

# The Food Guide Pyramid

## A Guide to Daily Food Choices

These symbols show fats and added sugars in foods:

### KEY

- Fat (naturally occurring and added)
- ▼ Sugars (added)

Fats, Oils, & Sweets  
**USE SPARINGLY**

Milk, Yogurt,  
& Cheese Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5 SERVINGS**

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

Fruit Group  
**2-4 SERVINGS**

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

Source: U.S. Department of Agriculture. U.S. Dept. Health and Human Services.