Food Guide Pyramid
A Guide to Daily Food Choices

- **Fats, Oils, & Sweets**
  - Use sparingly

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

- **Vegetable Group**
  - 3-5 servings

- **Fruit Group**
  - 2-4 servings

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

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

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