

Fats, Oils & Sweets

USE SPARINGLY

KEY

Fat (naturally occurring and added)

Sugars (added)

These symbols show fats and added sugars in foods.

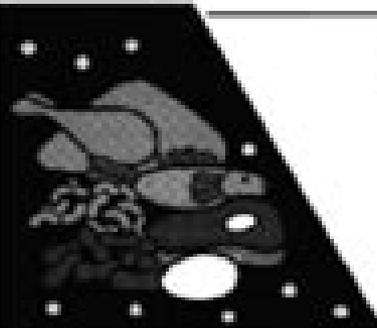
Milk, Yogurt &
Cheese Group

2-3 SERVINGS



Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group

2-3 SERVINGS



Vegetable Group

3-5 SERVINGS



Fruit Group

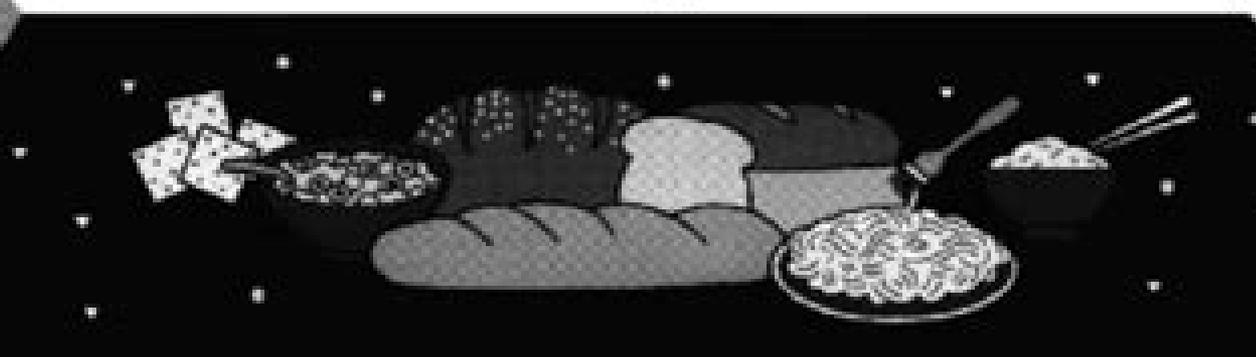
2-4 SERVINGS



Bread, Cereal,
Rice & Pasta
Group

6-11

SERVINGS



Food Guide Pyramid 2013

Guillaume Favre



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