Fats, Oils, & Sweets
Use sparingly

Milk, Yogurt & Cheese
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

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IM Harris

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