

Fats, Oils & Sweets
USE SPARINGLY

KEY

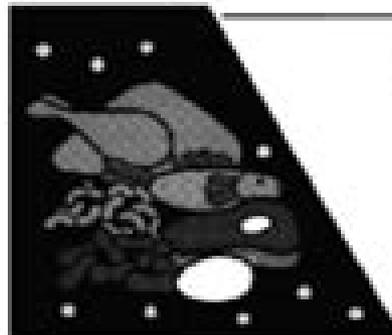
- Fat (naturally occurring and added)
- Sugars (added)

These symbols show fats and added sugars in foods.

Milk, Yogurt &
Cheese Group
2-3 SERVINGS



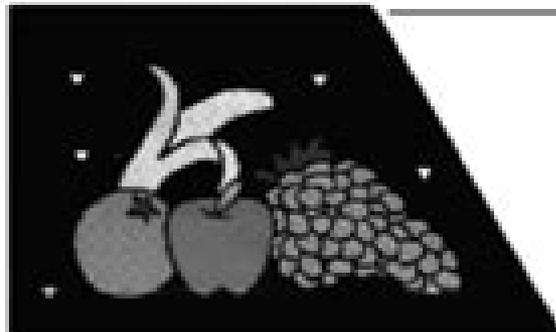
Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 SERVINGS



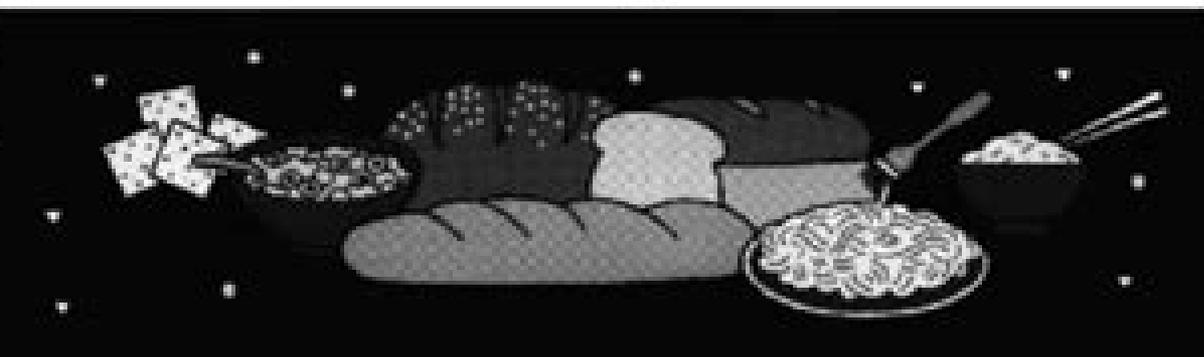
Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



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



Food Guide Pyramid 2013

Liyong Dong



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