



(fats, oils, & sweets)  
eat sparingly

**Milk Group**

3-4 servings



**Meat Group**

2-3 servings



**Vegetable Group**

3-5 servings



**Fruit Group**

2-4 servings



**Grain Group**

6-11 servings



# Food Guide Pyramid Wrong

**LM Reder**



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