

# Food Guide Pyramid

## A Guide to Daily Food Choices

**KEY**  Fat (naturally occurring and added)  
 Sugar (added)  
These symbols show fat and added sugars in foods.

SOURCE  
U.S. Department  
of Agriculture  
U.S. Department  
of Health and  
Human Services

Milk, Yogurt,  
& Cheese  
Group  
2-3 SERVINGS



Fats, Oils, & Sweets  
**USE SPARINGLY**



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



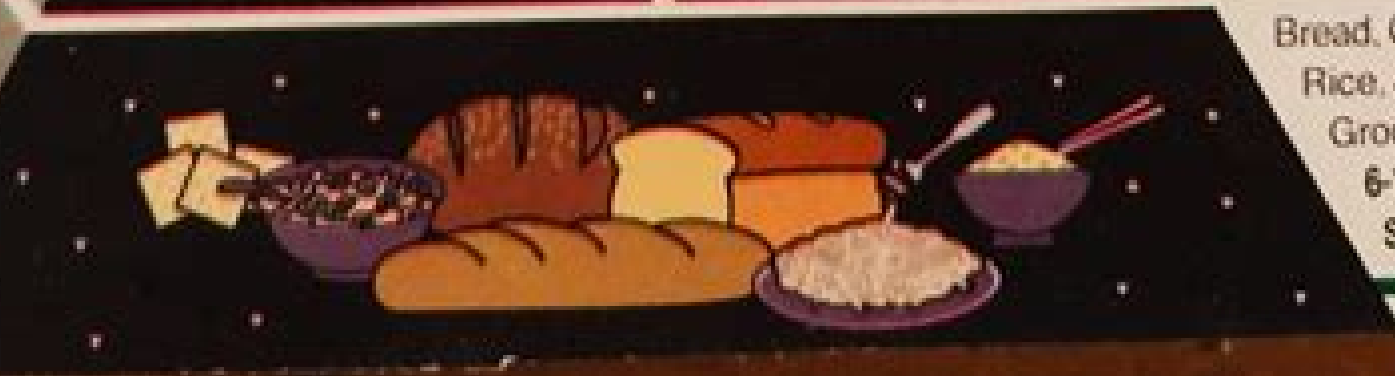
Vegetable  
Group  
3-5 SERVINGS



Fruit  
Group  
2-4 SERVINGS



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



# Food Guide Pyramid 2013

**Tobias Bleicker**



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