



(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

**Rosina Ehmann**



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