

Fats, Oils & Sweets  
USE SPARINGLY

NOTE  
☐ Fat (naturally occurring and added)  
☒ Sugars (added)  
 Total calories from fat and other sugars are high

Milk, Yogurt &  
Cheese Group  
2-3 servings

Meat, Poultry, Fish, Dry Beans,  
Eggs & Tofu Group  
2-3 servings

Vegetable Group  
3-5 servings

Fruit Group  
2-4 servings

Bread, cereal,  
rice & pasta  
Group  
6-11 servings

# Original USDA Food Guide Pyramid

fats, oils, and sweets,  
use sparingly

milk, yogurt,  
and cheese,  
2-3 servings

vegetables,  
3-5 servings

bread,  
cereal,  
rice, and  
pasta,  
6-11  
servings

meat, poultry, fish,  
eggs, dry beans,  
and tofu,  
2-3 servings

fruits,  
2-4  
servings

Source: U.S. Department of Agriculture

# Guide Pyramid Grains

**Puja Mehta**



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