

# Original USDA Food Guide Pyramid

fats, oils, and sweets,  
use sparingly

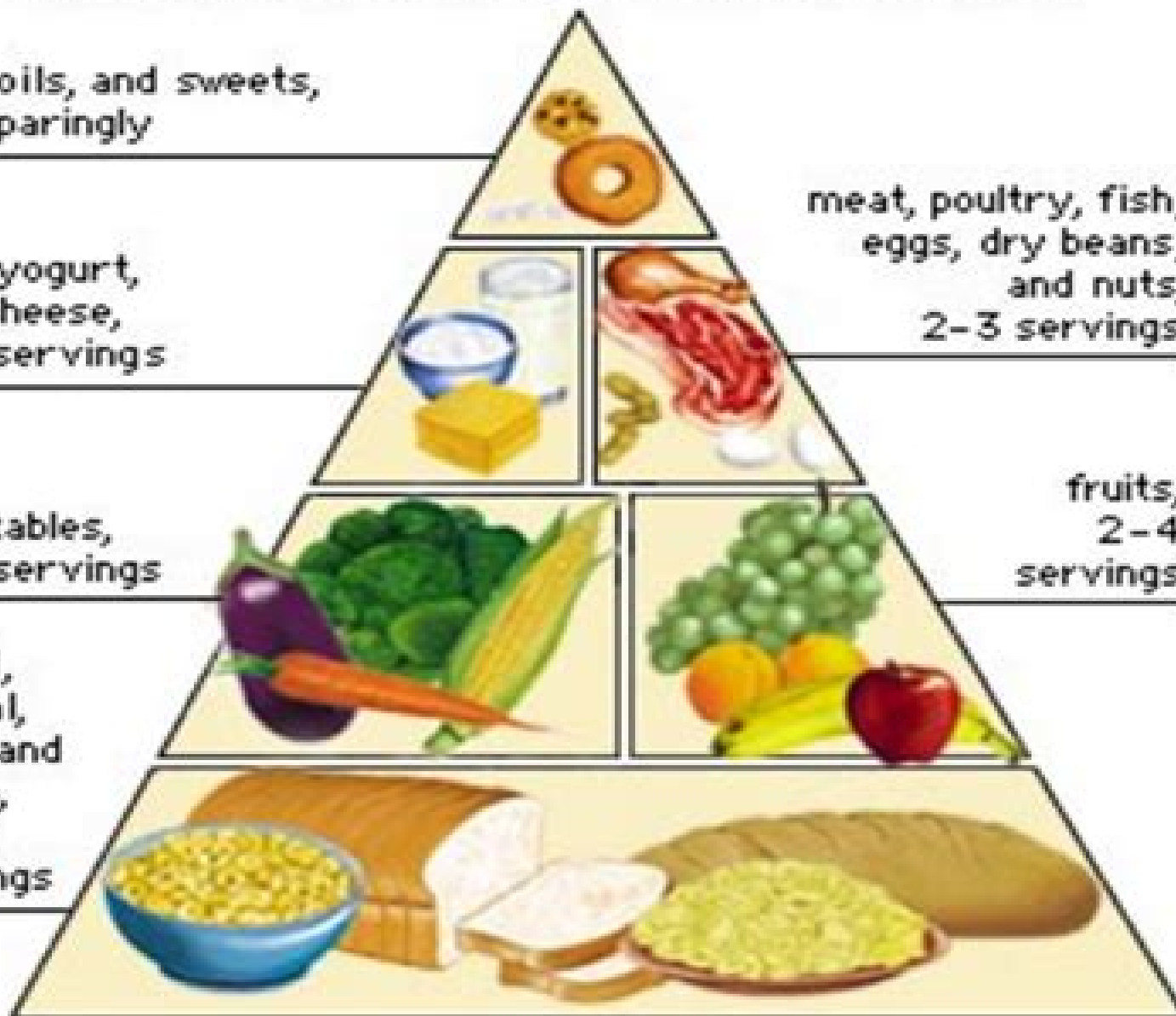
milk, yogurt,  
and cheese,  
2-3 servings

vegetables,  
3-5 servings

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

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

fruits,  
2-4  
servings



Source: U.S. Department of Agriculture

# Food Guide Pyramid Portion Sizes

**Annelies Wilder-Smith**



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