

# Food Guide Pyramid

## A Guide to Daily Food Choices

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

Milk, Yogurt,  
& Cheese  
Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5 SERVINGS**

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

Fruit  
Group  
**2-4 SERVINGS**

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

### KEY

■ Fat (naturally occurring and added)

■ Sugars (added)

These symbols show fat and added sugars in foods.



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

Use the Food Guide Pyramid to help you eat better every day. . .the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group. Each of these

food groups provides some, but not all, of the nutrients you need. No one food group is more important than another — for good health you need them all. Go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.

# Food Guide Pyramid 2015

**D Kirk**

A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the slide.

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