

THE FOOD GUIDE PYRAMID

A Guide to Daily Food Choices

Key

- Fat (naturally occurring and added)
- ▼ Sugars (added)

These symbols show fat and added sugars in foods. They come mostly from the fats, oils, and sweets group. But foods in other groups—such as cheese or ice cream from the milk group or french fries from the vegetable group—can also provide fat and added sugars.

Fats, Oils, & Sweets
USE SPARINGLY

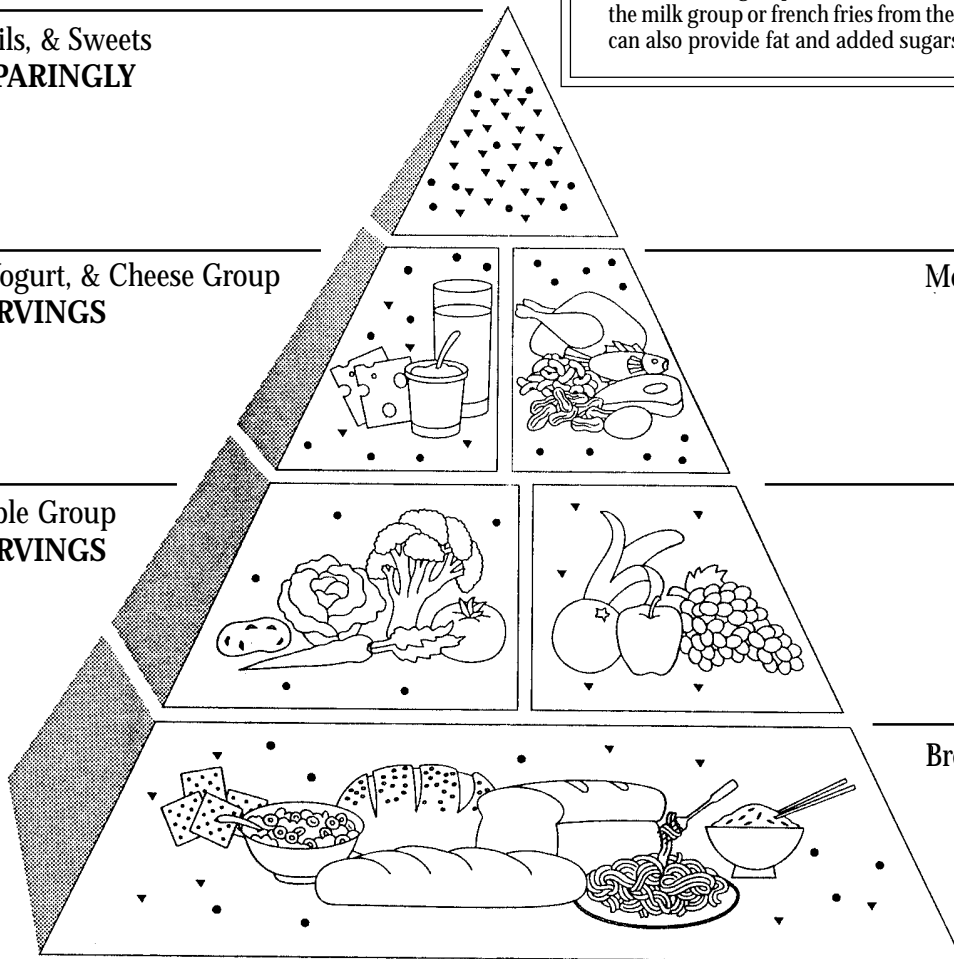
Milk, Yogurt, & Cheese Group
2-3 SERVINGS

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



Did you know that an excess of only 100 calories a day can cause a 10 pound gain in a year, and those extra calories can be burned up by a 20 to 30 minute brisk daily walk?