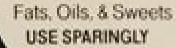
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A Guide to Daily Food Choices

KEY □ Fat (naturally occurring and added)

□ Sugar (added)

These symbols show lat and added sugars in foods.



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

Milk, Yogurt, & Cheese Group 2-3 SERVINGS





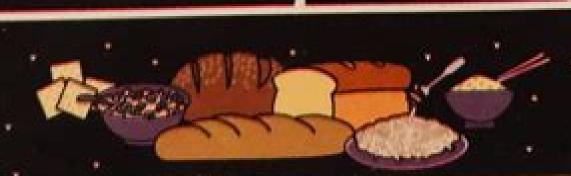
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group 2-3 SERVINGS

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Fruit Group 2-4 SERVINGS



Bread, Cereal.
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6-11
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Jin-Ying Zhang

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