# **USDA Food Pyramid**

Fats, Oils & Sweets

USE SPARINGLY

Milk, Yogurt & Cheese Group

2-3 SERVINGS

Vegetable Group

3-5 SERVINGS



Key

Fat (naturally occurring and added)

Sugars (added)

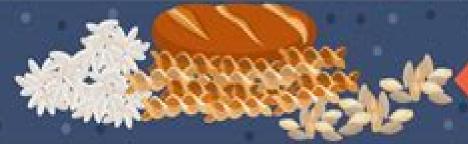
These symbols alone has and solled suggest in foots.

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

2-3 SERVINGS

Fruit Group

2-4 SERVINGS



Bread, Cereal, Rice & Pasta Group

6-11 SERVINGS

# **Us Government Guide To Nutrition**

**Sharon K. Zoumbaris** 

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