

# 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 show fats and added sugars in foods.

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

2-3 SERVINGS

Fruit Group

2-4 SERVINGS

Bread, Cereal,  
Rice & Pasta Group

6-11 SERVINGS



# Usda Food Guide Pyramid History

**William Shurtleff; Akiko Aoyagi**



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