

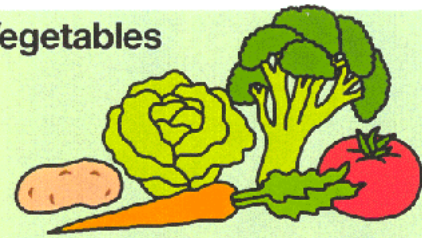
The Food Guide Pyramid

The Key to a Balanced Diet!

Milk, Yogurt,
and Cheese



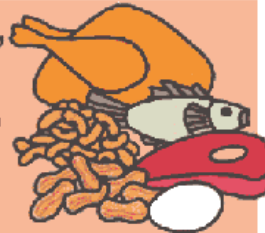
Vegetables



Breads, Cereals,
Rice, and Pasta



Meat, Poultry,
Fish, Dry
Beans, Eggs,
and Nuts



Fruits



Fats, Oils & Sweets
USE SPARINGLY

KEY

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

These symbols show fats and added sugars in foods.

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

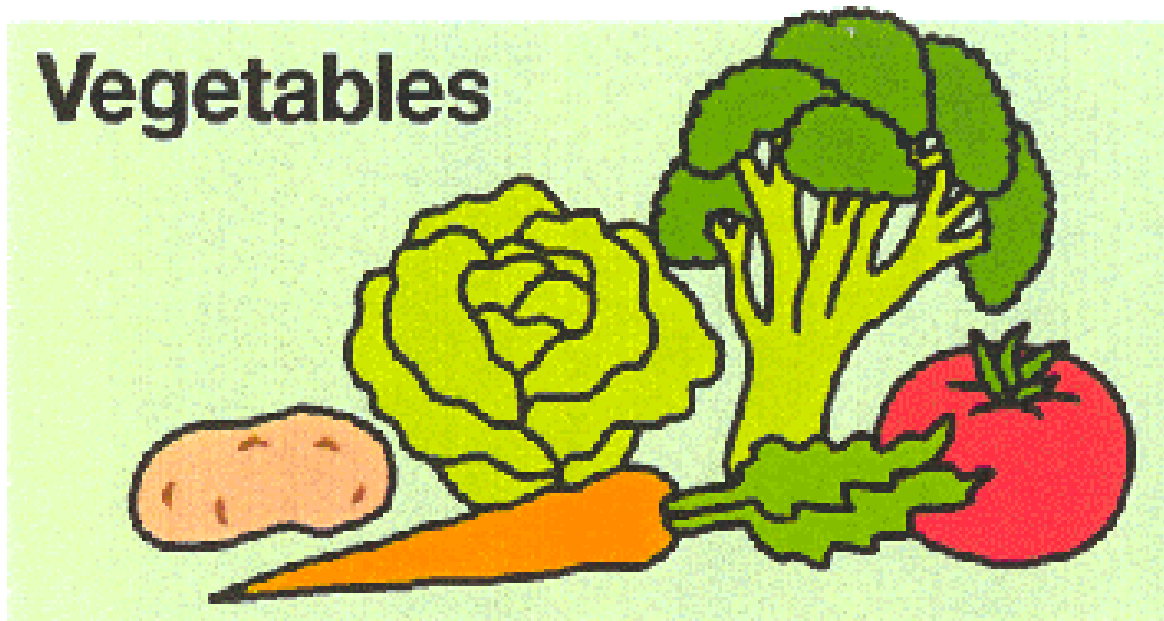


Bread, Cereal, Rice, and Pasta



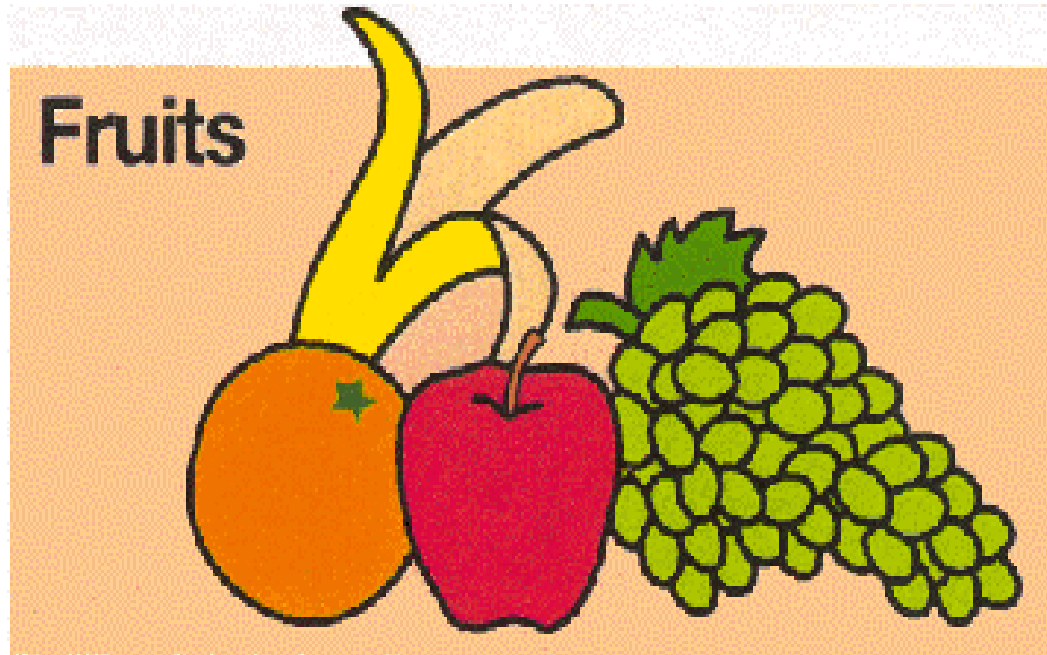
- How many daily servings should we eat?

Vegetables



- How many daily servings should we eat?

Fruits



- How many daily servings should we eat?

Milk, Yogurt, and Cheese

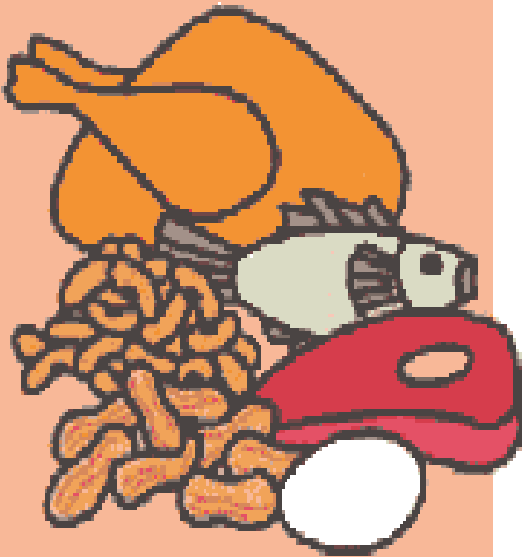
Milk, Yogurt,
and Cheese



- How many daily servings should we eat?

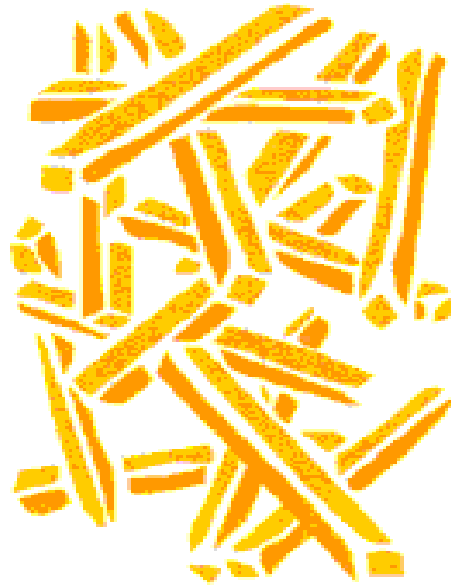
Meat, Poultry, and Fish

Meat, Poultry,
Fish, Dry
Beans, Eggs,
and Nuts



- How many daily servings should we eat?

Fats, Oils, and Sweets



- How many daily servings should we eat?



Answers to Daily Serving “?s”

- Bread and Cereal = 6-11 servings
- Vegetables = 3-5 servings
- Fruits = 2-4 servings
- Milk, Yogurt, Cheese = 2-3 Servings
- Meat, Fish, Poultry = 2-3 Servings
- Fats, Oils, & Sweets = use sparingly