Food Guide Pyramid
A Guide to Daily Food Choices

- Fats, oils, and sweets
  USE SPARINGLY

- Milk, yogurt, and cheese group
  2–3 SERVINGS

- Meat, poultry, fish, dry beans, eggs, and nuts group
  2–3 SERVINGS

- Vegetable group
  3–5 SERVINGS

- Fruit group
  2–4 SERVINGS

- Bread, cereal, rice, and pasta group
  6–11 SERVINGS

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