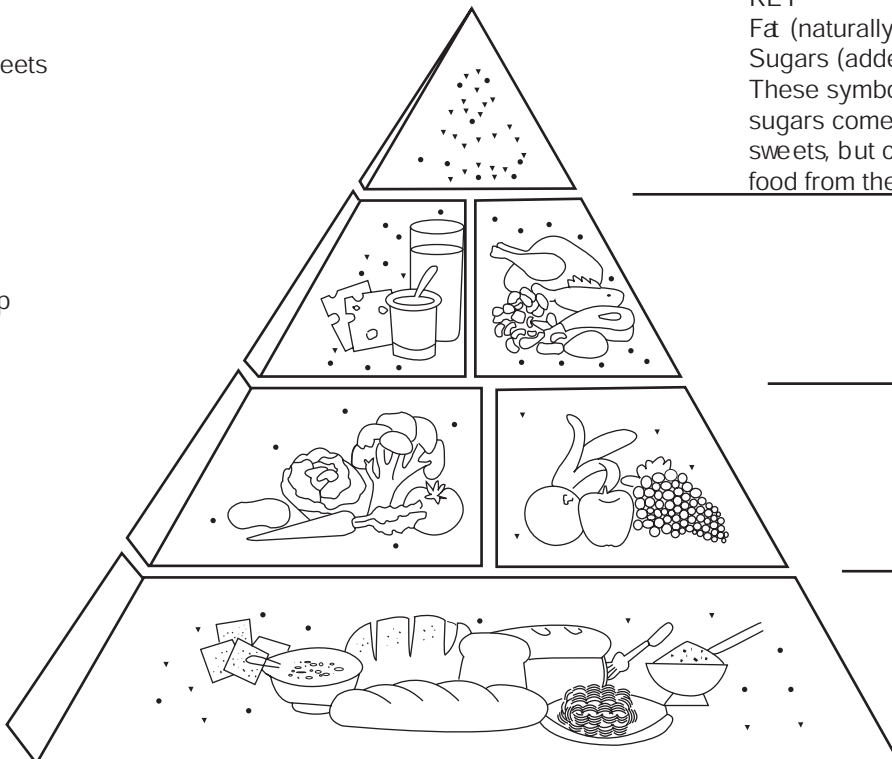


Fats, Oils & Sweets  
Use sparingly

Milk, Yogurt,  
& Cheese Group  
2-3 Servings

Vegetable  
Group  
3-5 Servings



KEY

Fat (naturally occurring and added)

Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils and sweets, but can be part of or added to food from the other food groups as well

Meat, Poultry, Fish,  
Dry Beans, Eggs  
& Nuts Groups  
2-3 Servings

Fruit Group  
2-4 Servings

Bread, Cereal,  
Rice, & Pasta  
Group  
6-11 Servings