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A Guide to Daily Food Choices

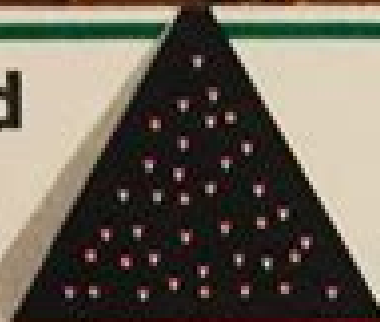
KEY  Fat (naturally occurring and added)
 Sugar (added)
These symbols show fat and added sugars in foods.

SOURCE
U.S. Department
of Agriculture
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of Health and
Human Services

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS



Fats, Oils, & Sweets
USE SPARINGLY



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



Personalized Food Guide Pyramid

Lauren Gardner



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