

USE SPARINGLY

Fats, oils and sweets



2-3 SERVINGS

Milk, yogurt and cheese group



2-3 SERVINGS

Meat, poultry, fish, dry beans, eggs and nuts



3-5 SERVINGS

Vegetable group



2-4 SERVINGS

Fruit group



6-11 SERVINGS

Bread, cereal, rice, pasta group

Personalized Food Guide Pyramid

Robert R. Redfield



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