

Purdue University Cooperative Extension Service
 Department of Foods and Nutrition Service



The U.S.D.A.
 Food Guide Pyramid
 A Guide to Daily Food Choices

CFS-707-W

Fold pyramid at corners—insert tab into slot

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

PYRAMID KEY

● Fat



Sugars

