

Fats, Oils & Sweets
USE SPARINGLY

KEY

- Fat (naturally occurring and added)
- ▼ Sugars (added)

These symbols show fats and added sugars in foods.

Milk, Yogurt & Cheese Group
2-3 SERVINGS



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

