

Fats, Oils, & Sweets  
Use Sparingly



Milk, Yogurt & Cheese Group  
2-3 Servings



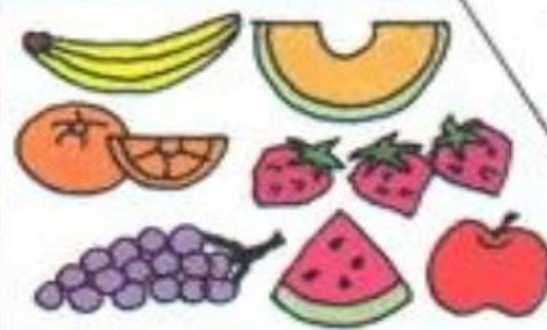
Meat, Poultry, Fish, Dry  
Beans, Eggs, & Nuts Group  
2-3 Servings



Vegetable Group  
3-5 Servings



Fruit Group  
2-4 Servings



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

