

**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

**J Spring**



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