

Fats & Sweets
Use small amounts

Milk, Yogurt,
& Cheese Group
3 SERVINGS
(4 for Teens)



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

