

# Food Guide Pyramid

## A Guide to Daily Food Choices

### Guide to Good Eating

No one food gives you all the nutrients you need to stay healthy, so it is best to eat a variety of different foods every day. Use the Food Guide Pyramid to help you eat better every day. Start with plenty of bread, cereal, rice, pasta, vegetables, and fruit. Add two to three servings from the milk group and two to three servings from the meat group. Use fats, oils, and sweets sparingly.

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

