

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**