

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

Yijin Wang

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle on the right side.

Personalized Food Guide Pyramid:

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