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

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