Food Pyramid

Name:	**Age:**	**Sex:**
Activity Level: ☐ Sedentary ☐ Light Active ☐ Moderately Active ☐ Very Active		
Height:	**Weight:**	

The Food Guide Pyramid
A Guide to Daily Food Choices

These symbols show fats and added sugars in foods:
KEY
◻ Fat (naturally occurring and added)
▽ Sugars (added)

Fats, Oils, & Sweets
USE SPARINGLY

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

Source: U.S. Department of Agriculture. U.S Dept. Health and Human Services.