Fats, Oils, & Sweets Use sparingly

Milk, Yogurt & Cheese

2-3 servings



Meat, Poultry, Fish, Dry beans, Eggs & Nuts group

2-3 servings

Vegetable group

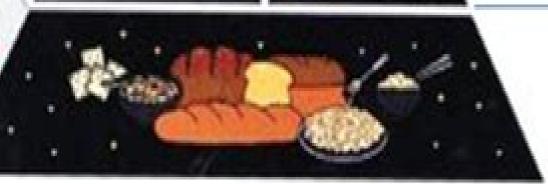
3-5 servings



Fruit group

2-4 servings

Bread, Cereal, Rice & Pasta group. 6-11 servings



# **Eggs In The Food Guide Pyramid**

**L** Reisser



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