Food Pyramids: USDA Food Guide Pyramid

- **Fruit Group** (2–4 Servings)
- **Vegetable Group** (3–5 Servings)
- **Milk, Yogurt & Cheese Group** (2–3 Servings)
- **Fats, Oils & Sweets** (Use Sparingly)
- **Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group** (2–3 Servings)
- **Bread, Cereal, Rice & Pasta Group** (6–11 Servings)
Food Pyramids: Harvard Healthy Eating Pyramid

- **Saturated fats, simple carbohydrates, and sweets (Use Sparingly)**
- **Fish, seafood, chicken, turkey & eggs (2 Servings)**
- **Nuts, lentils, beans, soy products (1–3 Servings)**
- **Vegetables (As many servings as you like)**
- **Whole-grain foods (Eat servings at most meals)**
- **Dairy, including low-fat milk, yogurt, sour cream, and cheese (2–3 Servings)**
- **Fruits (2–3 Servings)**
- **Fats: olive, canola, soybean, corn, sunflower, and other vegetable oils (Multiple servings okay)**
- **Exercise**
- **Water**