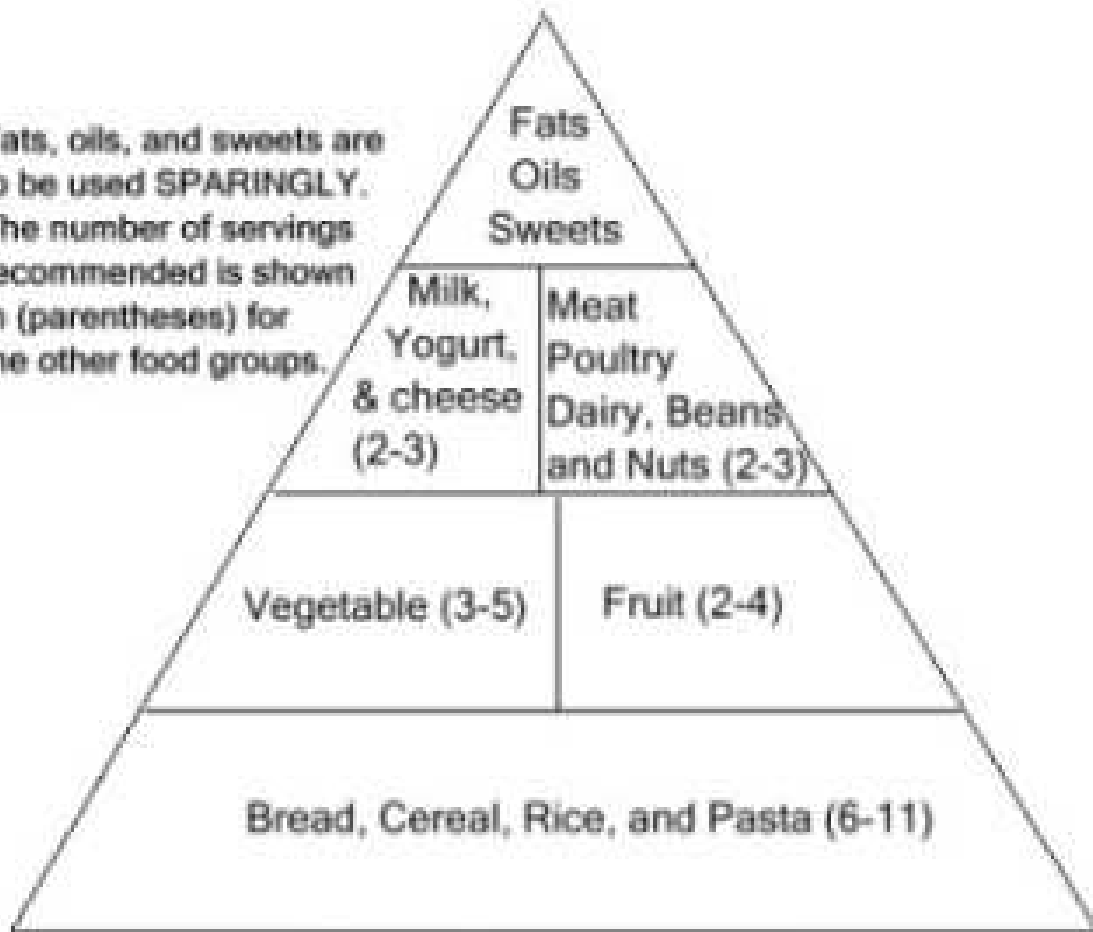


Fats, oils, and sweets are to be used SPARINGLY. The number of servings recommended is shown in (parentheses) for the other food groups.



[USDA Food Pyramid](#)