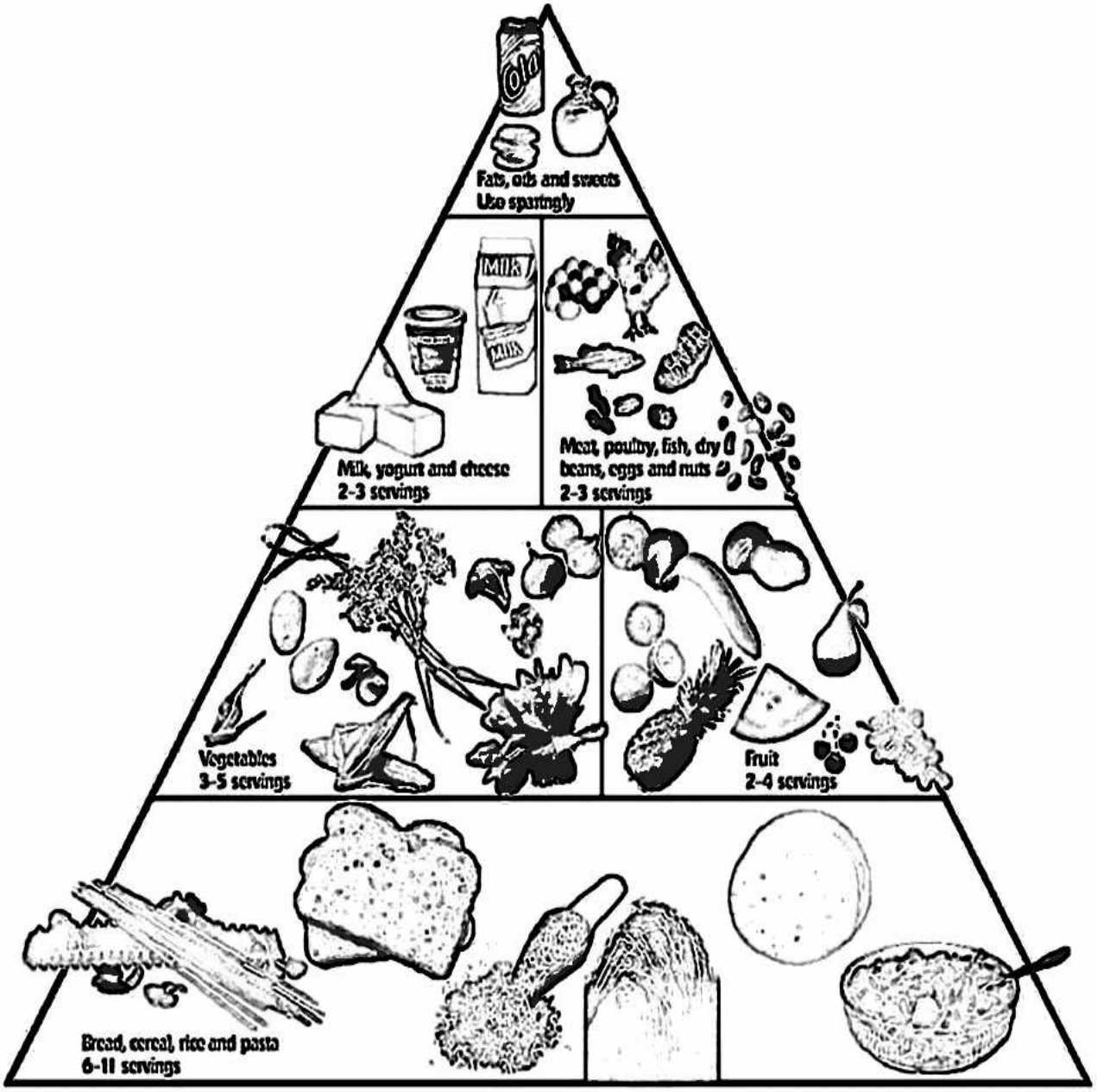
Fats, oils and sweets
Use sparingly
Milk
Milk
Milk, yogurt and cheese
2-3 servings
Meat, poultry, fish, dry
beans, eggs and nuts
2-3 servings
Vegetables
3-5 servings
Fruit
2-4 servings
Bread, cereal, rice and pasta
6-11 servings