

Food Pyramid Guide

A Daily Guide to Food Choices

The Food Guide Pyramid emphasizes foods from the five food groups shown in the three lower sections of the Pyramid. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another - for good health, you need them all.

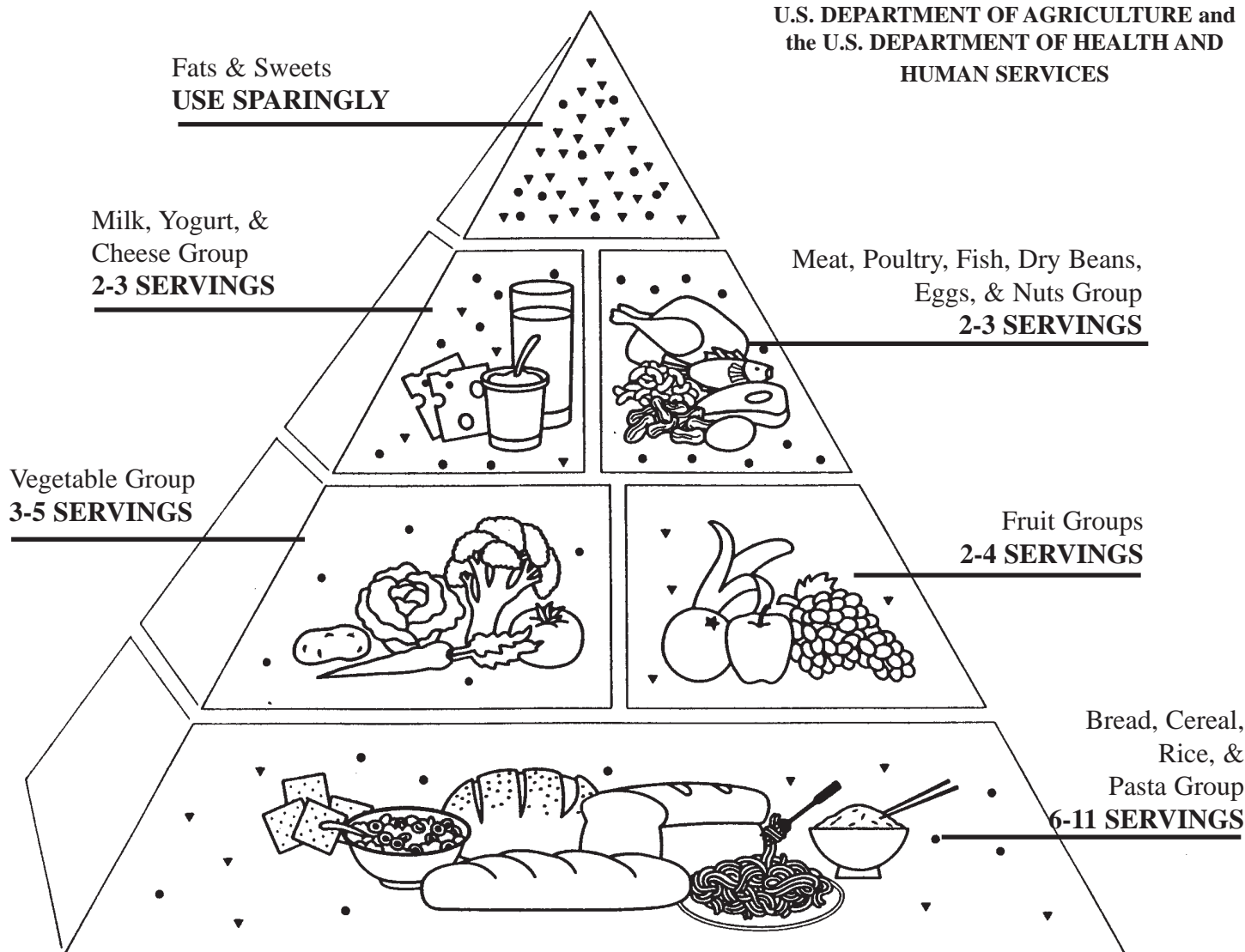
KEY

These symbols show fats and added sugars in foods.

- Fat (naturally occurring and added)
- ▼ Sugars (added)

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

Source:
**U.S. DEPARTMENT OF AGRICULTURE and
 the U.S. DEPARTMENT OF HEALTH AND
 HUMAN SERVICES**



**For More information or to speak with a Registered Licensed Dietitian,
 Call the OSF Saint Francis Nutrition Access Line at (309) 655-3705**

