### MyFIT Pyramid – Servings of Each Food Group My Body Needs

![MyPyramid](MyPyramid.png)

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings Eaten Today</th>
<th>Servings Goal</th>
<th>Eat More Servings</th>
<th>Eat Fewer Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td></td>
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</tr>
<tr>
<td>Vegetables</td>
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<tr>
<td>Fruit</td>
<td></td>
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<tr>
<td>Milk &amp; Milk Products</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Meat &amp; Meat Alternatives</td>
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</tr>
<tr>
<td>Extras</td>
<td></td>
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</tr>
<tr>
<td>Scores</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>