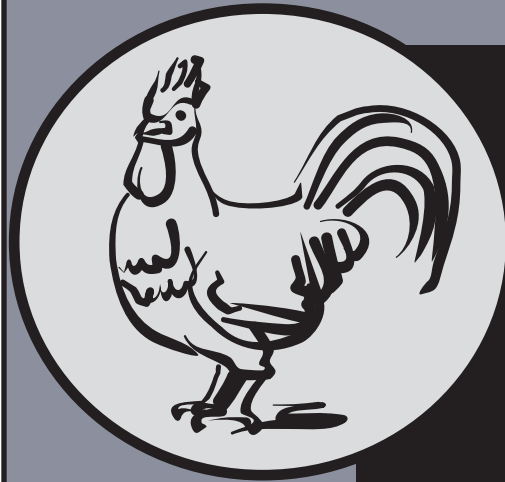


# The Five Food Groups

Everything we eat is broken up into one of five food groups! These include **GRAIN, PROTEIN, FRUIT, VEGETABLE, and DAIRY.**



## Protein Group

Includes: meat foods like poultry (chicken, turkey, duck), beef, pork, fish, dry beans, eggs, tofu, and nuts

Your body is like an engine that needs fuel, and meat "fuels" you with protein, iron and other essential nutrients. You should eat at least two servings a day from this food group that literally helps our bodies to repair itself and grow strong! It's important to note that you don't have to eat meat to get all the protein your body needs - beans and tofu also do the trick!

## Grain Group

Includes: oatmeal, cereal, tortillas, grits, whole wheat bread, brown rice, popcorn and pasta

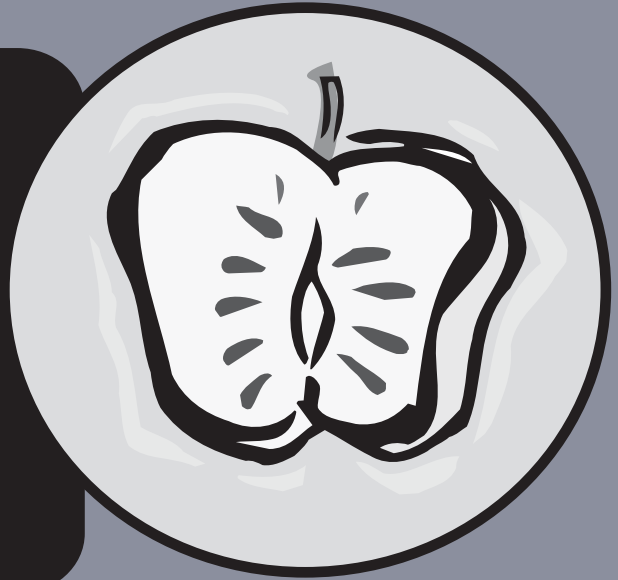
The grains and other ingredients in these foods give your body the carbohydrates it needs, as well as iron, fiber and other important elements. Whole grains, which are an unrefined type of grain, are the healthiest of the grain foods and contain tons of fiber, good nutrients, and energy! They can be found by looking for "whole wheat", "rolled oats", or "whole corn" in the ingredient list.



### Fruit Group

Includes: apples, oranges, bananas, grapes, kiwi, grapefruit

Fruits are amazing since they are not only delicious but jam-packed with vitamins. Fruit juices may taste good, but it's important to not overdo it as they often contain more sugar than eating raw, frozen, and canned fruit. Eating a variety of fruits and choosing fruits of different colors will help to make sure your body gets the nutrients it needs.



### Vegetable Group

Includes: spinach, carrots, tomatoes, potatoes, yams, peas, beans

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. It's important to eat vegetables of many different colors, especially those that are dark green or orange as they have the most nutrients of all!

### Dairy Group

Includes: milk, yogurt, cheese

Milk and milk products contain calcium and protein, which make your bones strong and help you grow into a healthy adult. At least three servings a day are recommended and remember to try to always eat low-fat milk and cheese if you can.

