



FOOD GROUPS

Do you know which food group each food item belongs to?



FRUIT





Grains







Dairy!







PROTEIN





Vegetables







Grains



Dairy







Grains



PROTEIN







Fruit

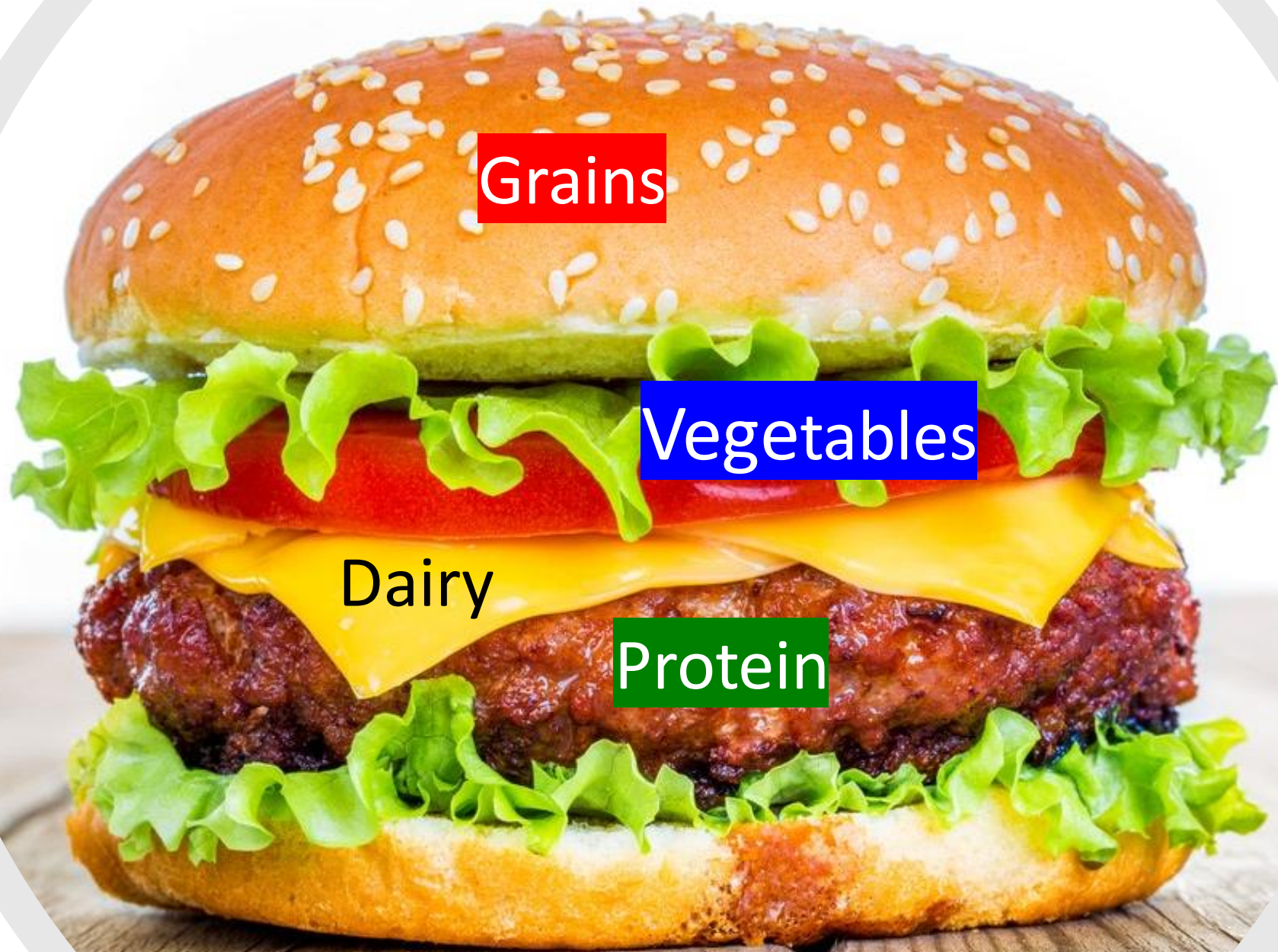


Vegetable





**!!!HARD
ALERT!!!**



Grains

Vegetables

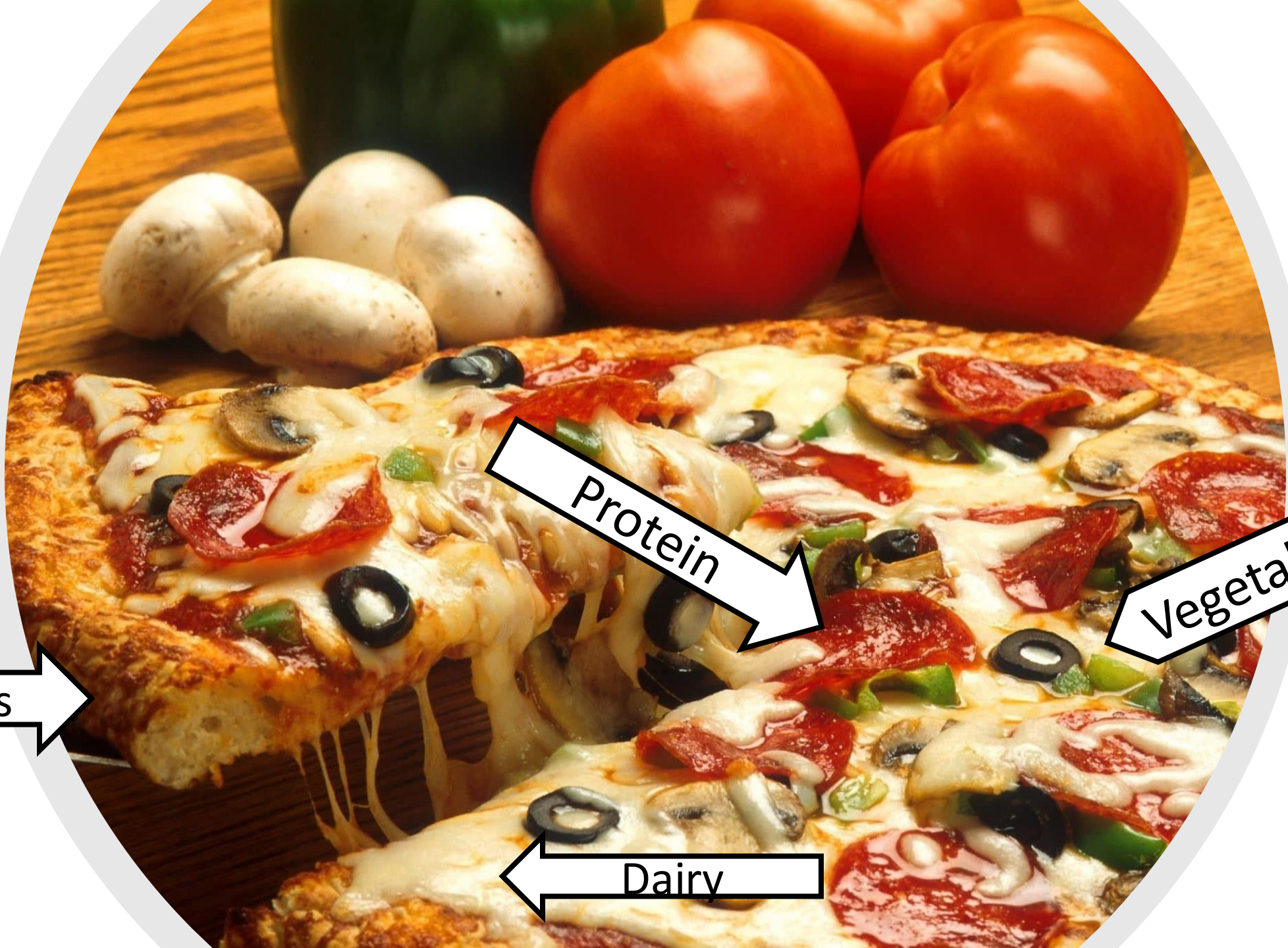
Dairy

Protein



!!! HARD ALERT!!!





Grains

Protein

Dairy

Vegetables



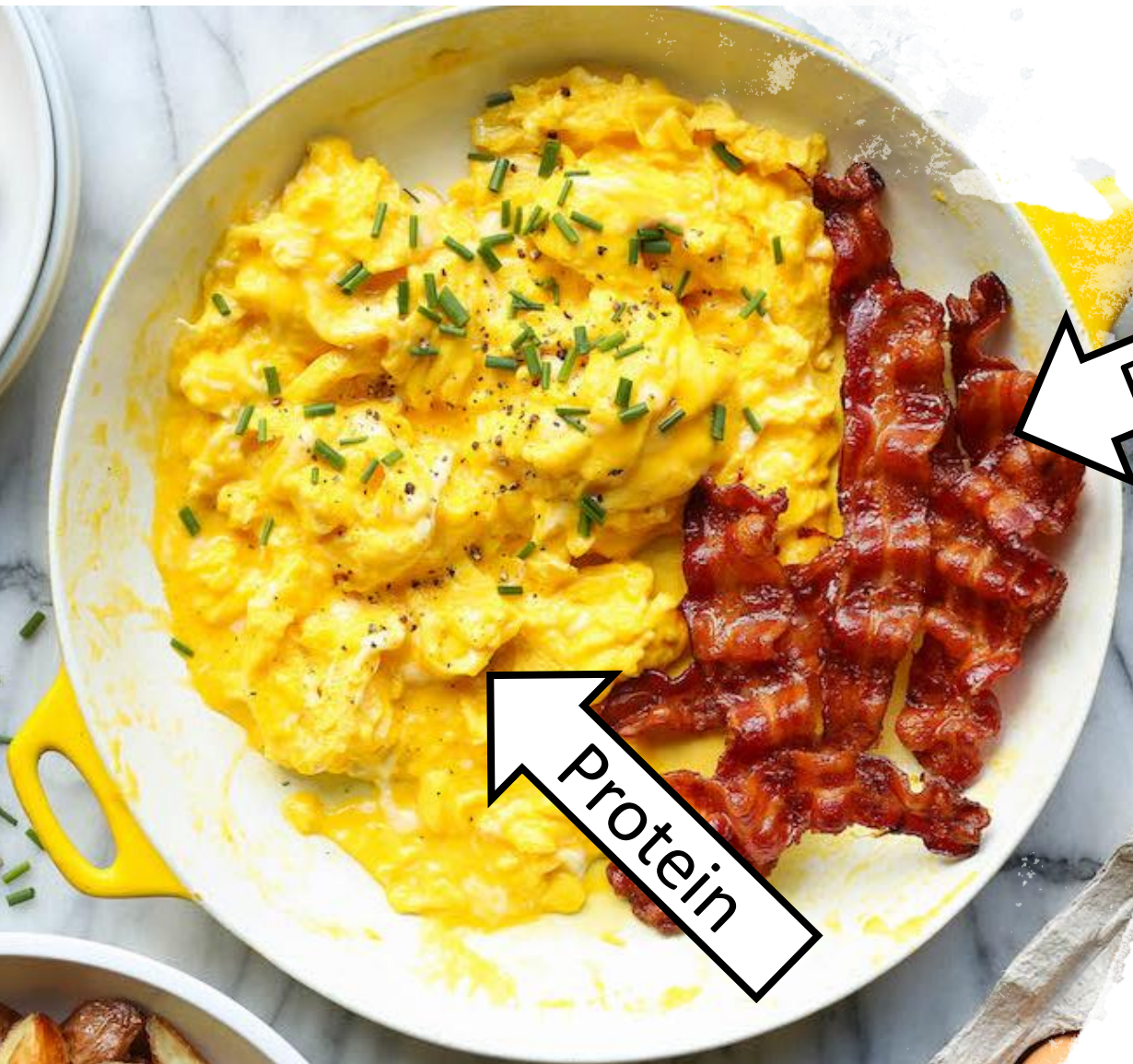
!!!Super Hard Alert!!!



Grains



Protein



Protein

Vegetable



You can
learn more
about
**what's on
your plate**
at
myplate.gov

