



Grains Group

Grains are:

- Bread
- Pasta
- Oatmeal
- Cereal
- Tortillas
- Popcorn
- Rice

Try to make $\frac{1}{2}$ of the grains you eat from whole grains

Whole grains are:

- Full of fiber
- Great for your heart
- Taste yummy
- Help keep you feeling full

Vegetable Group



- Eat all the colors of the rainbow from your veggies!

Veggies:

- Are good for your eyes, skin, teeth and bones
- Taste good raw or cooked
- Are part of a healthy eating pattern

Try these:

- Carrots
- Celery
- Broccoli
- Onions
- Spinach
- Sweet potatoes
- Red peppers
- Cauliflower
- Squash

Fruits Group

Have you heard of these?

Fruits are Naturally:

- High in fiber
- Sweet tasting
- Full of vitamins to keep you healthy
- A part of a healthy eating habits
- Very colorful

- Papaya
- Bananas
- Peaches
- Kiwi
- Oranges
- Pears
- Grapes
- Mangoes
- Watermelon

Dairy Group



You can find dairy in:

- Yogurt
- Milk
- Cheese

- Dairy foods have calcium in them
- Calcium keeps your bones and teeth strong
- Try to eat or drink 3 cups of dairy every day
- Try the low-fat or fat-free dairy foods or milks

fat-free dairy foods or

Protein Group



Protein foods include:

- Beans
- Turkey
- Ham
- Beef
- Chicken
- Fish
- Eggs
- Nuts and Seeds

- Protein helps keep your muscles and body strong

- Protein foods have lots of vitamins and minerals in them to keep you healthy