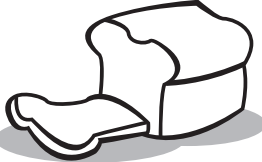
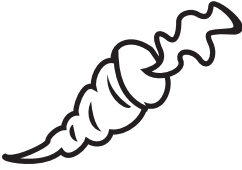

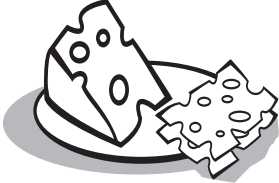



The Five Food Groups and You

List the kinds of foods you like to eat in each of the five food groups.

1.	Grains 	For example, bread, pasta, rice, tortilla, popcorn, matzo
2.	Vegetables 	For example, green beans, carrots, spinach, red pepper, eggplant, kale
3.	Fruits 	For example, orange, kiwi, apple, papaya, pear, mango, cherry, blueberry
4.	Dairy 	For example, milk, yogurt, cheese
4.	Protein 	For example, eggs, nuts, seeds, fish, poultry, meat, beans, tofu, tempeh

What is your favorite food group? _____