



Explore the Food Groups

Grain Group

- Grains give you energy.
- Grains are foods like cereal, bread, spaghetti, rice and crackers.
- Try to make half of your servings whole grains, such as 100% whole wheat bread.
- 4 - 5 servings a day.

Vegetable Group

- Vegetables provide nutrients vital for health and maintenance of your body.
- Eat red, orange and dark green vegetables.
- Dark green vegetables include bok choy, broccoli, collard greens, dark green leafy lettuce, kale and spinach.
- Red and orange vegetables include tomatoes, carrots, sweet potatoes, acorn squash and pumpkin.
- Starchy and other vegetables include corn, green peas, mushrooms, onions, avocado, eggplant and cucumber.
- Enjoy too beans and peas such as black beans and lentils.
- 3 - 4 servings a day.



Fruit Group

- Fruits provide nutrients vital for health and maintenance of your body.
- Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
- Commonly eaten fruits are apples, bananas, cherries, grapefruit, grapes, kiwi fruit, lemons, limes, mangoes, nectarines, oranges, peaches, pineapple, plums, prunes, strawberries, blueberries and raspberries, cantaloupe, honeydew and watermelon.
- Choose 100% fruit (or vegetable) juice.
- 2 - 3 servings a day.

Milk Group

- Foods in this group have calcium which help grow strong bones and healthy teeth.
- The milk group includes foods like milk, yogurt, cheese, ice cream and pudding.
- Switch to skim or 1% milk that offers the same amount of calcium and essential nutrients as whole milk, but with less fat and calories.
- 4 - 5 servings a day.

Protein Group (Meat & Beans)

- Foods in this group are full of protein to help build strong muscles.
- The meat and bean group includes foods like hamburger, chicken, fish, eggs, beans and nuts.
- Try to eat leaner, less fatty meats to keep your heart healthy.
- 3 - 5 servings a day.

Go to <http://www.choosemyplate.gov/> for more information.

