

**Balanced**

To eat foods from different food groups.

**“Extra” foods**

Foods that do not contain enough nutrients to fit into one of the five food groups.

**Main nutrient**

The most important nutrient we get from a certain food group.

## **Snack**

A mini-meal; food eaten between meals.

## **Variety**

A range of different items from a specific food group. For food groups, it implies eating several different foods each day from all five food groups.

## **“5 out of 5” model**

A balanced lunch or dinner contains at least one food from each of the “5 out of 5” food groups: Milk & Milk Products; Vegetables; Fruits; Grains, Breads & Cereals; Meat, Beans & Nuts.