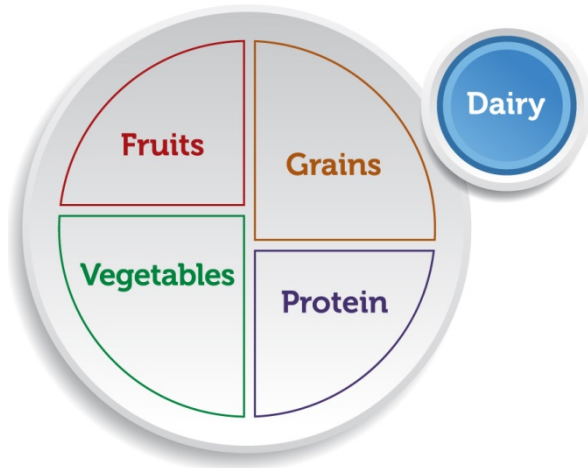


# Dairy

Milk, Yogurt, Cheese

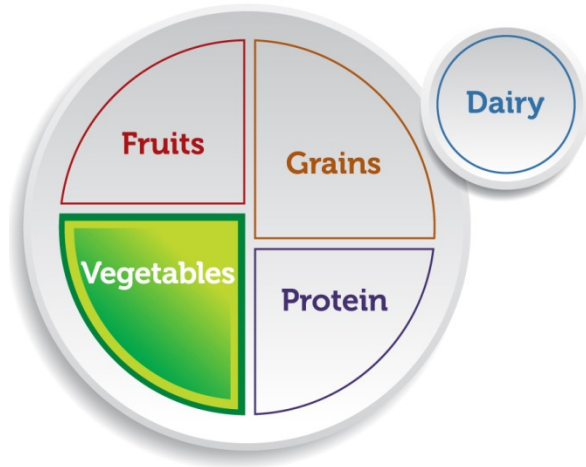


Macronutrients	Micronutrients
Health Benefit	

Example	Serving Size	Comparison

Empty Calorie Foods

# Vegetables

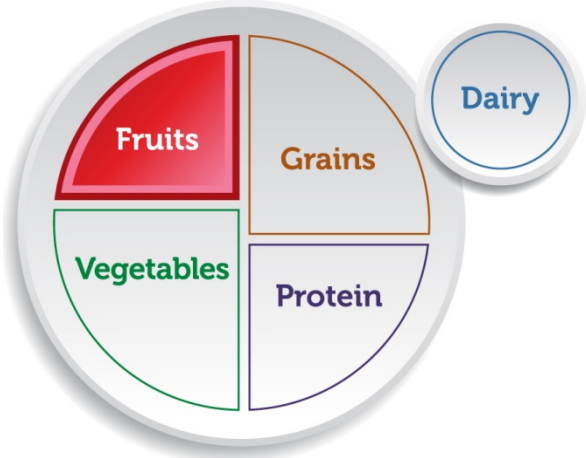


Macronutrients	Micronutrients
Health Benefit	

Example	Serving Size	Comparison

Empty Calorie Foods

# Fruits



Example	Serving Size	Comparison

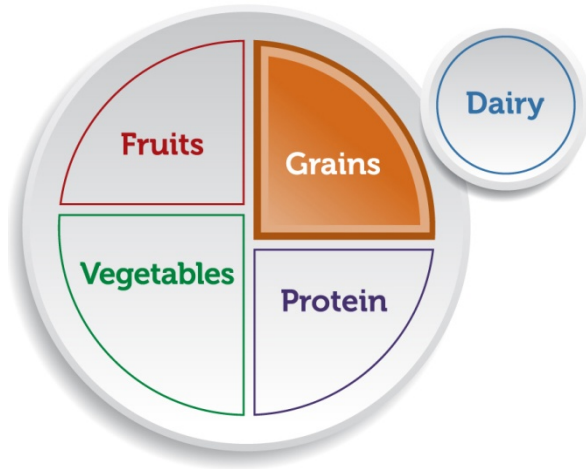
Macronutrients	Micronutrients

Health Benefit

Empty Calorie Foods

# Grains

## Breads, Cereals, Pasta



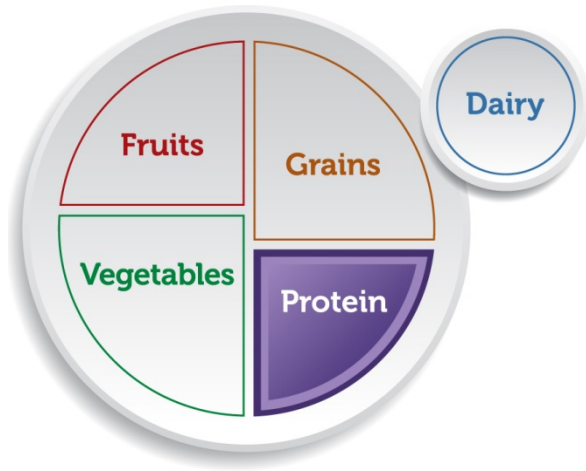
Macronutrients	Micronutrients
Health Benefit	

Example	Serving Size	Comparison

Empty Calorie Foods

# Protein

## Meat, Beans, Nuts



Macronutrients	Micronutrients
Health Benefit	

Example	Serving Size	Comparison

Empty Calorie Foods