

FIVE FOOD GROUPS



Dairy
Group



Fruits
Group



Protein
Group



Vegetables
Group



Grains
Group



Dairy Group is BLUE



Milk



Cottage
Cheese



Cheese



Yogurt



Pudding



Vegetables Group is GREEN



Corn



Broccoli



Peas



Lettuce



Carrot



Fruits Group is RED



Apple



Berries



Grapes



Orange



Banana



Grains Group is ORANGE



Tortillas



Cereal



Bread



Pasta



Crackers



Protein Group is PURPLE



Fish



Beans



Hamburger



Peanut
Butter



Eggs



Take Time for Snacks



Turkey and Vegetable Wrap



Vegetables and Yogurt Dip



Apples and Cheese



Fruit Smoothie



Peanut Butter on Bread



Start Your Day With Breakfast



Yogurt



Cereal



Tomato
Juice



Eggs



Berries

