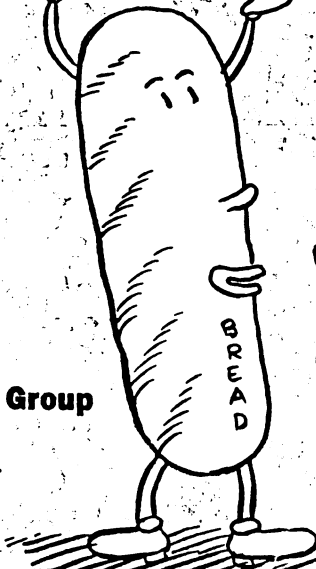
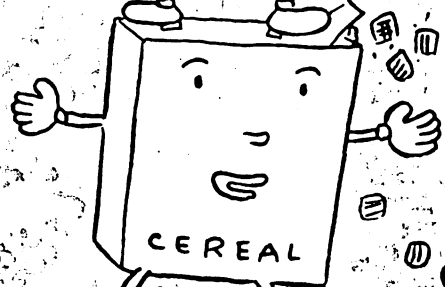
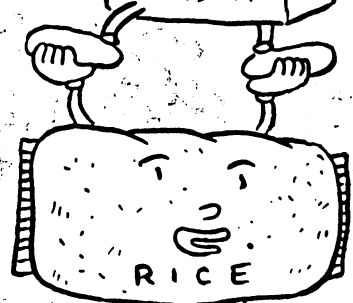
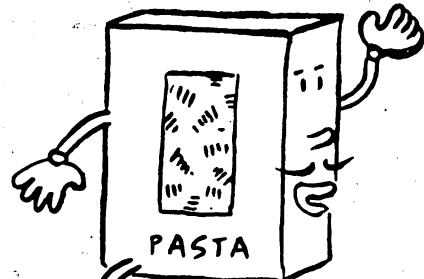


MEAT GROUP

Meat Group

MEAT
FISH
CHICKEN
EGGS
BEANS
NUTS
PEANUT BUTTER
HARD CHEESE



BREAD GROUP

Bread Group

BREAD
CEREAL
PASTA
RICE

THE 4 FOOD GROUPS

Remember these from
3rd grade? They're still
around. What's more,
they're still important.
Your daily diet should
include food from all four
groups.

MILK GROUP

Milk Group

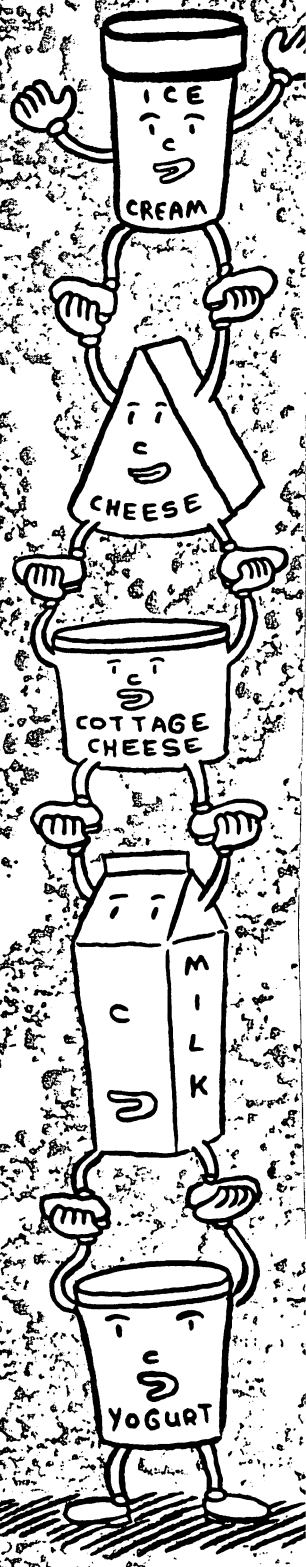
MILK

YOGURT

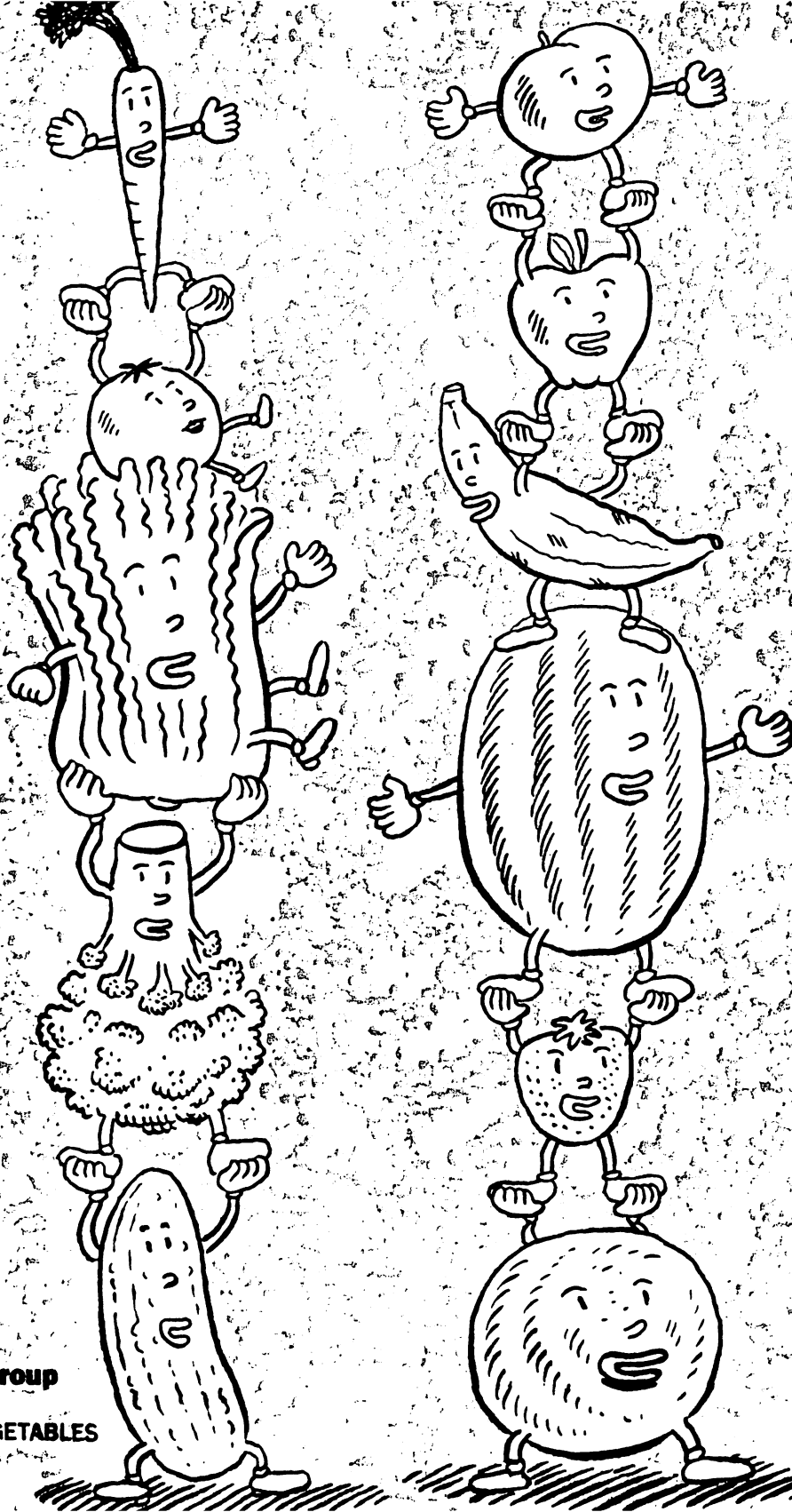
CHEESE

COTTAGE CHEESE

ICE CREAM



FRUIT AND VEGGIES GROUP



**Fruits and
Vegetables Group**
YOU GOT IT:
FRUITS AND VEGETABLES