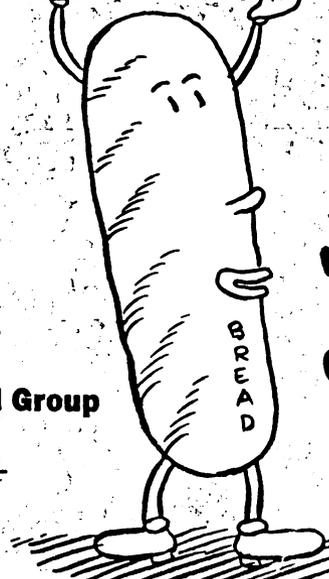
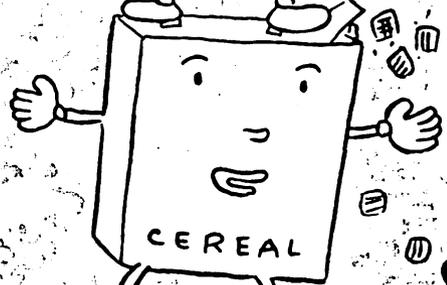
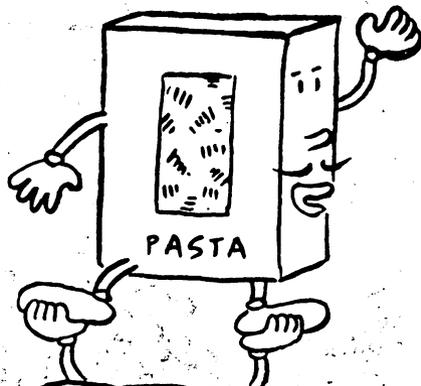


MEAT GROUP

- 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

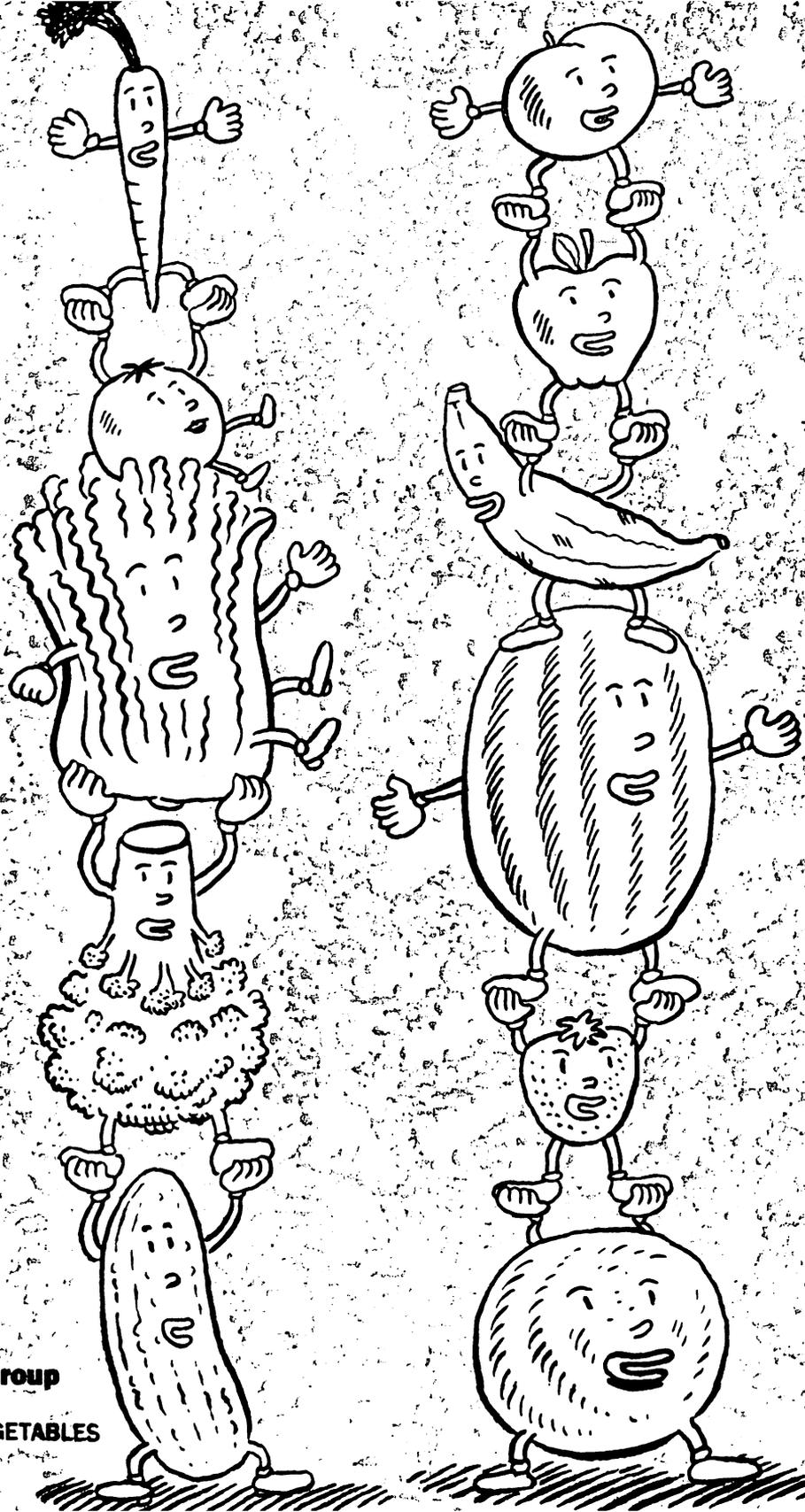
CHEESE

COTTAGE CHEESE

ICE CREAM



FRUIT AND VEGGIES GROUP



Fruits and Vegetables Group
YOU GOT IT:
FRUITS AND VEGETABLES