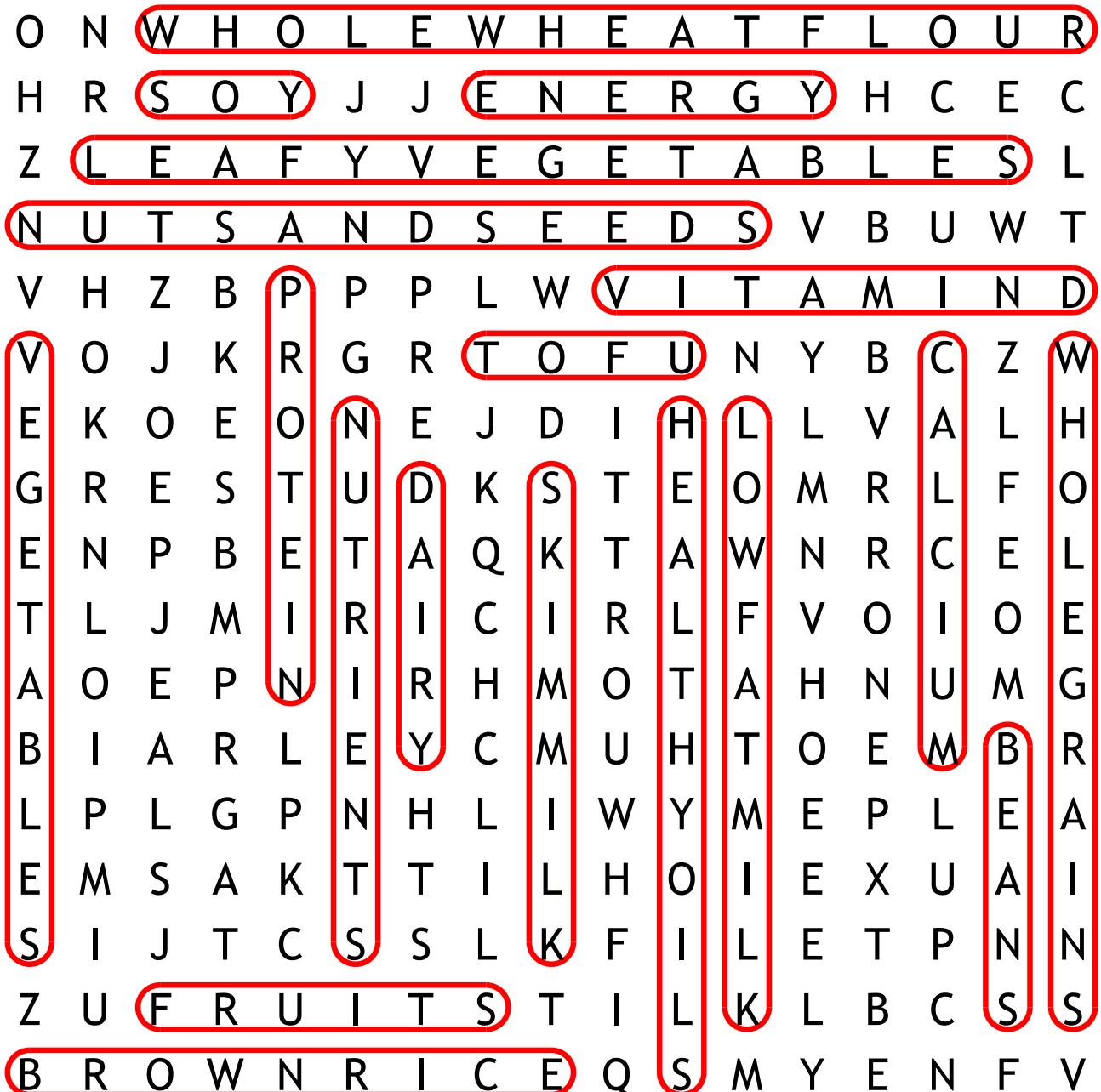


Name: _____

Date: _____

Food Groups



whole wheat flour	leafy vegetables	nuts and seeds	low fat milk
healthy oils	whole grains	brown rice	vegetables
vitamin D	skim milk	nutrients	calcium
protein	energy	fruits	beans
dairy	tofu	soy	