

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food Groups

O N W H O L E W H E A T F L O U R  
 H R S O Y J J E N E R G Y H C E C  
 Z L E A F Y V E G E T A B L E S L  
N U T S A N D S E E D S V B U W T  
 V H Z B P P P L W V I T A M I N D  
V O J K R G R T O F U N Y B C Z W  
 E K O E O N E J D I H L L V A L H  
 G R E S T U D K S T E O M R L F O  
 E N P B E T A Q K T A W N R C E L  
 T L J M I R I C I R L F V O I O E  
 A O E P N I R H M O T A H N U M G  
 B I A R L E Y C M U H T O E M B R  
 L P L G P N H L I W Y M E P L E A  
 E M S A K T T I L H O I E X U A I  
 S I J T C S S L K F I L E T P N N  
 Z U F R U I T S T I L K L B C S S  
B R O W N R I C E Q S M Y E N F V

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