



Milk & Dairy Group



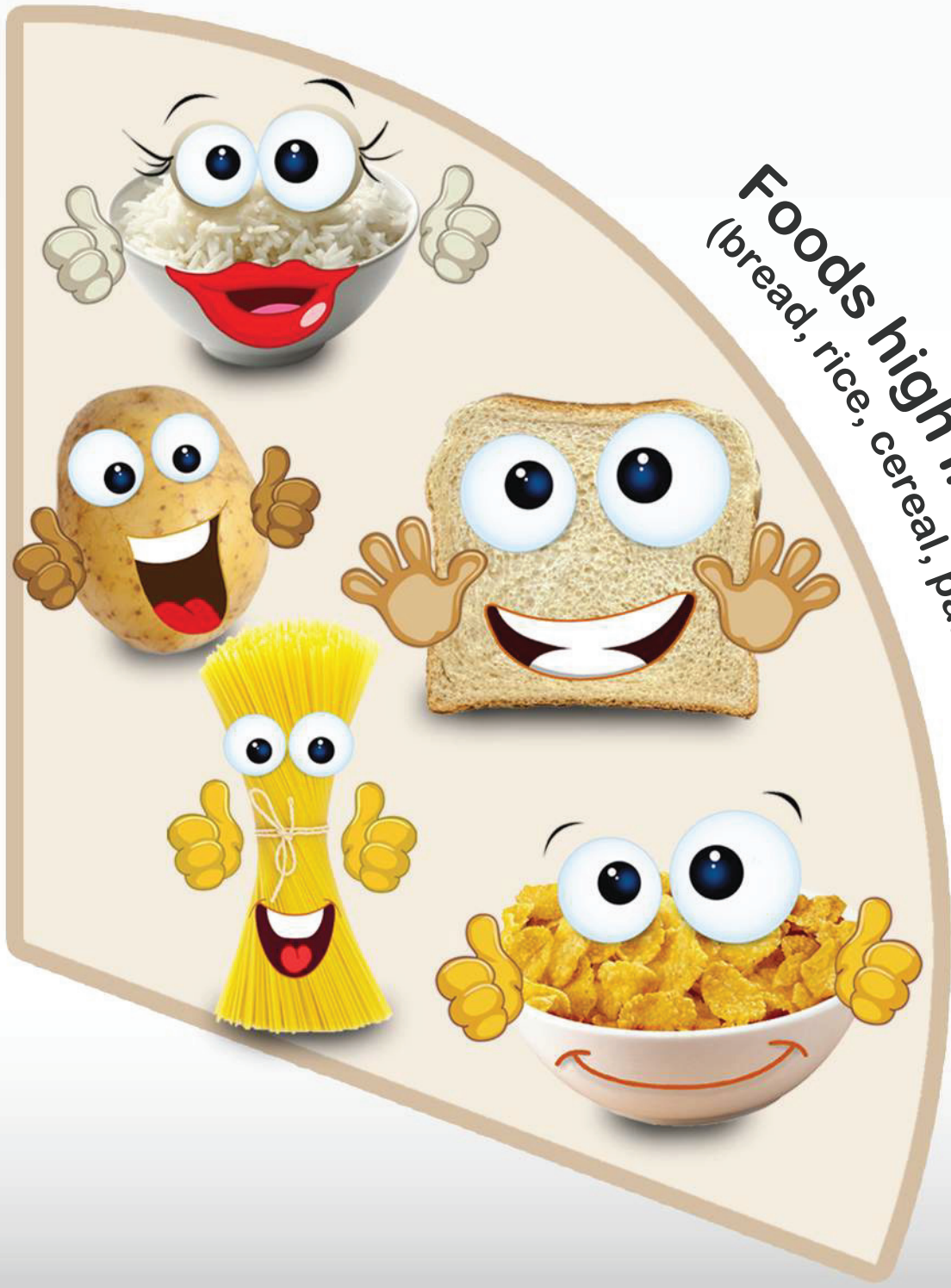
**Foods high in fat
and/or sugar**

Fruit & Vegetable Group





Foods high in protein
(meat, fish, eggs, beans)



Foods high in starch
(bread, rice, cereal, pasta)