

high in fiber 1



Fruits

vitamins 2



Vegetables

made with multigrains 3



Grains

low fat 4



Milk

fat free 5



Fruits

low cholesterol 6



Oils

*Oils aren't a food group, but we need them for good health.

low cholesterol 7



Oils

*Oils aren't a food group, but we need them for good health.

high in protein 8



Meat&Beans

made with whole wheat 9



Grains

vitamins 10



Milk

fat free 11



Vegetables

omega-3 12



Meat&Beans

DID YOU KNOW?

Low-fat milk products have bone-building calcium and fewer calories than whole-milk products.



DID YOU KNOW?

A breakfast like multigrain waffles is good for your heart and digestive system.



DID YOU KNOW?

Orange veggies like carrots are rich in Vitamin A, and that's good for your eyes.



DID YOU KNOW?

The fiber in fruits is good for your digestive system.



DID YOU KNOW?

Choose high protein foods like lean meats and chicken. Proteins are the building blocks for bones and muscles.



DID YOU KNOW?

Soybean oil does not contain cholesterol. And that's good for your heart.



DID YOU KNOW?

Oils from plant sources like vegetable and nut oils do not contain cholesterol and many are low in saturated fat. Choosing these oils may be good for your heart.



DID YOU KNOW?

Fruit can satisfy your sweet tooth without having to add sugar.



DID YOU KNOW?

Fish like salmon and trout are high in omega-3, and that's good for your heart.



DID YOU KNOW?

Fresh vegetables like carrots and string beans are naturally low in fat and calories. They have important vitamins and minerals that keep your whole body healthy.



DID YOU KNOW?

Milk is sometimes called nature's most nearly perfect food.



DID YOU KNOW?

Whole wheat pasta makes a tasty meal and is good for your digestion.

