

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

# THE HEALTHY EATING PLATE

This food group comprises all types of fruit and fruit juices. Rich in vitamins and minerals and low in fat, fruit helps fight diseases.



Vegetables play an important role in a healthy diet and are sources of vitamins, minerals, and fiber. This food group includes vegetables of different colors, flavors, and textures.

## PREVIEW

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The dairy food group contains foods made from milk like cheese, soy milk, and yogurt and are excellent sources of calcium.

Grain products are any food made from wheat, rye, rice, oats, barley, or millet. They can be eaten cooked or as whole grains. Grains can also be ground into flour to make noodles, pasta, bread, and breakfast cereals.

Proteins are the building blocks of the body. Proteins ensure growth and repair of the body. They strengthen bones and muscles. Eggs, lean meat, and poultry are rich in protein.