Food groups consumed each day 1.00 Food Group 0.75 Dry Beans Peas Other Legumes Nuts and Seeds Relative Abundance Eggs Fats Oils and Salad Dressings Fruits 0.50 **Grain Product** Meat Poultry Fish and Mixtures Milk and Milk Products Sugars Sweets and Beverages 0.25 Vegetables 0.00

Study Day Number