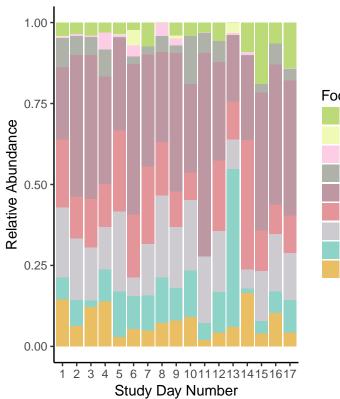
Food groups consumed each day 1.00



## Food Group Dry Beans Peas Other Legumes Nuts and Seeds

Eggs Fats Oils and Salad Dressings

**Fruits** 

**Grain Product** 

Meat Poultry Fish and Mixtures

Milk and Milk Products Sugars Sweets and Beverages

Vegetables