

## 3 4 unit 7 healthy foods v2 gwe

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#### **3 + 4 = 7 Healthy Foods V2**

**Q: What are the 3 main food groups?** A: The 3 main food groups are fruits and vegetables, whole grains, and lean protein.

**Q: What are the 4 food groups that are essential for a healthy diet?** A: The 4 food groups that are essential for a healthy diet are fruits and vegetables, whole grains, lean protein, and dairy products.

**Q: What are the 7 foods that are essential for a healthy diet?** A: The 7 foods that are essential for a healthy diet are fruits, vegetables, whole grains, lean protein, dairy products, healthy fats, and water.

**Q: What are some examples of healthy foods from each food group?** A: Some examples of healthy foods from each food group include fruits (apples, bananas, oranges), vegetables (broccoli, carrots, spinach), whole grains (brown rice, oatmeal, quinoa), lean protein (chicken, fish, beans), dairy products (milk, yogurt, cheese), healthy fats (avocados, nuts, seeds), and water.

**Q: How can I incorporate these healthy foods into my diet?** A: To incorporate these healthy foods into your diet, try to fill half of your plate with fruits and vegetables at every meal, choose whole grains over refined grains, and opt for lean protein sources. Include low-fat or nonfat dairy products in your diet, and choose healthy fats over saturated and trans fats. Finally, drink plenty of water throughout the day.



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