

FOUR BASIC FOOD GROUPS

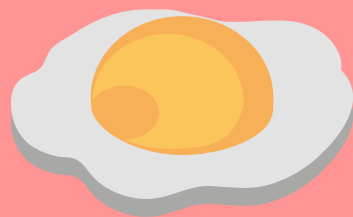


Fruits and Vegetables: Rich in vitamins and fiber, this group promotes overall health and supports immune function.



Grains: A key energy source, grains provide essential carbohydrates and nutrients for a balanced diet.

Proteins: Vital for muscle repair and growth, proteins are essential for overall strength and tissue maintenance.



Dairy (or Alternatives): Packed with calcium and vitamin D, dairy fosters strong bones and teeth for optimal health.

