Examples

Pyramid labels:
- Grain: Rice, Bread, Pasta, Oatmeal
- Vegetables: Corn, Broccoli, Carrot, Onion
- Fruits: Apple, Kiwi, Orange, Lemon, Straber
- Dairy: Milk, Cheese, Yogurt
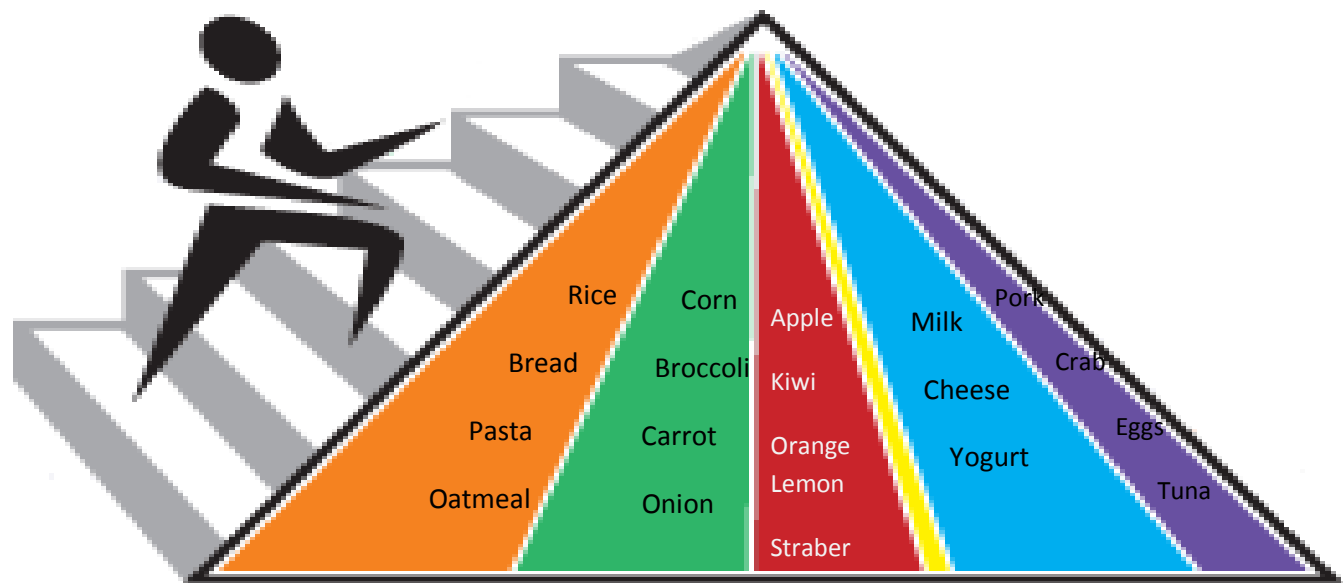- Meat and beans: Pork, Crab, Eggs, Tuna

Food Groups/ Number of servings

What's missing?

Grain [5-8 servings]	Vegetables [2-3 servings]	Fruits[2-3 serv.]	Oil	Dairy [3 servings]	Meat and beans [2 servings]

Nutrients these food groups contain

(put check marks for Nutrients present in each Food group)

	Grain	Vegetables	Fruits	Oil	Dairy	Meat and beans
Carbohydrate	√	√	√			
Protein					√	√
Fat				√	√	√
Vitamins	√	√	√		√	√
Minerals	√	√	√		√	√