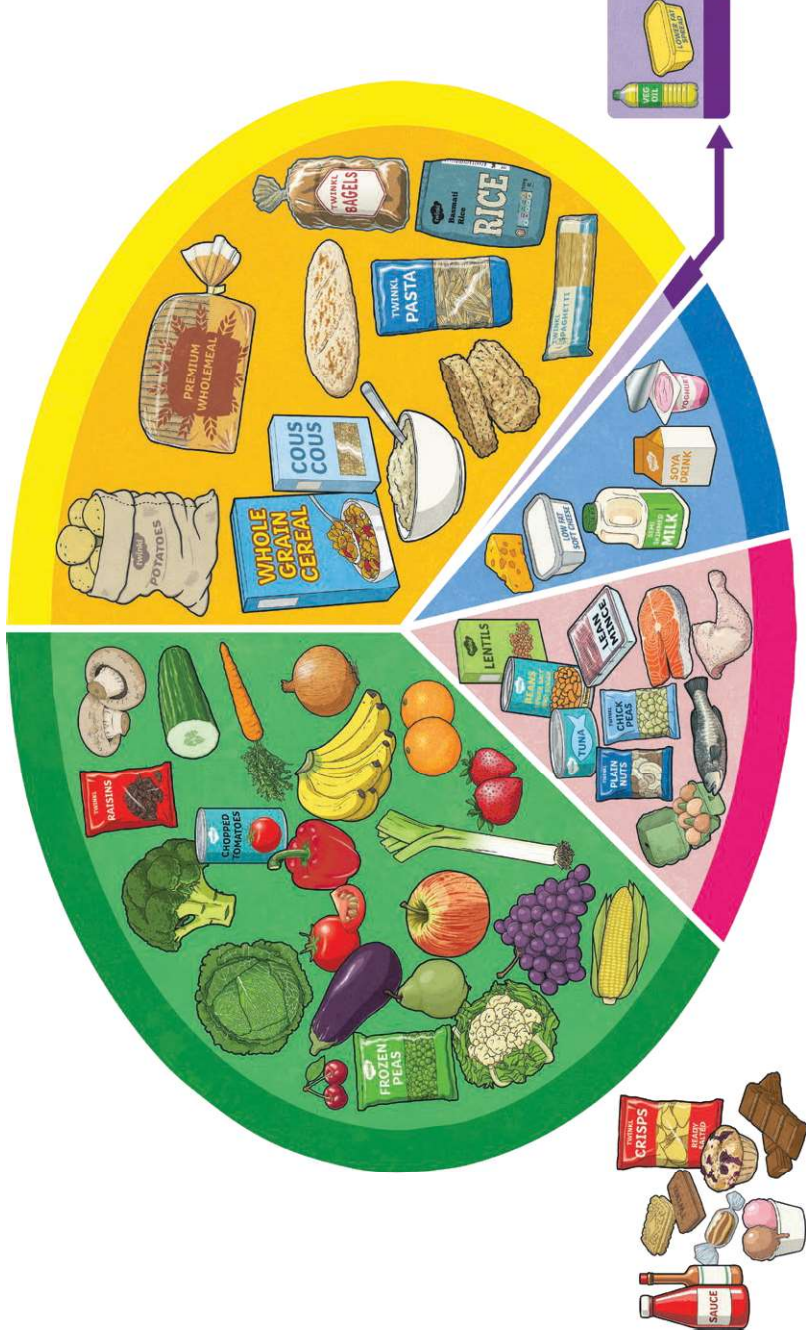


Food Groups



fruits and vegetables	meat, fish, eggs, beans, and other non-dairy sources of protein	bread, rice, potatoes, pasta and other starchy foods
oil and spreads	milk and dairy products	food and drinks high in fat and/or sugar