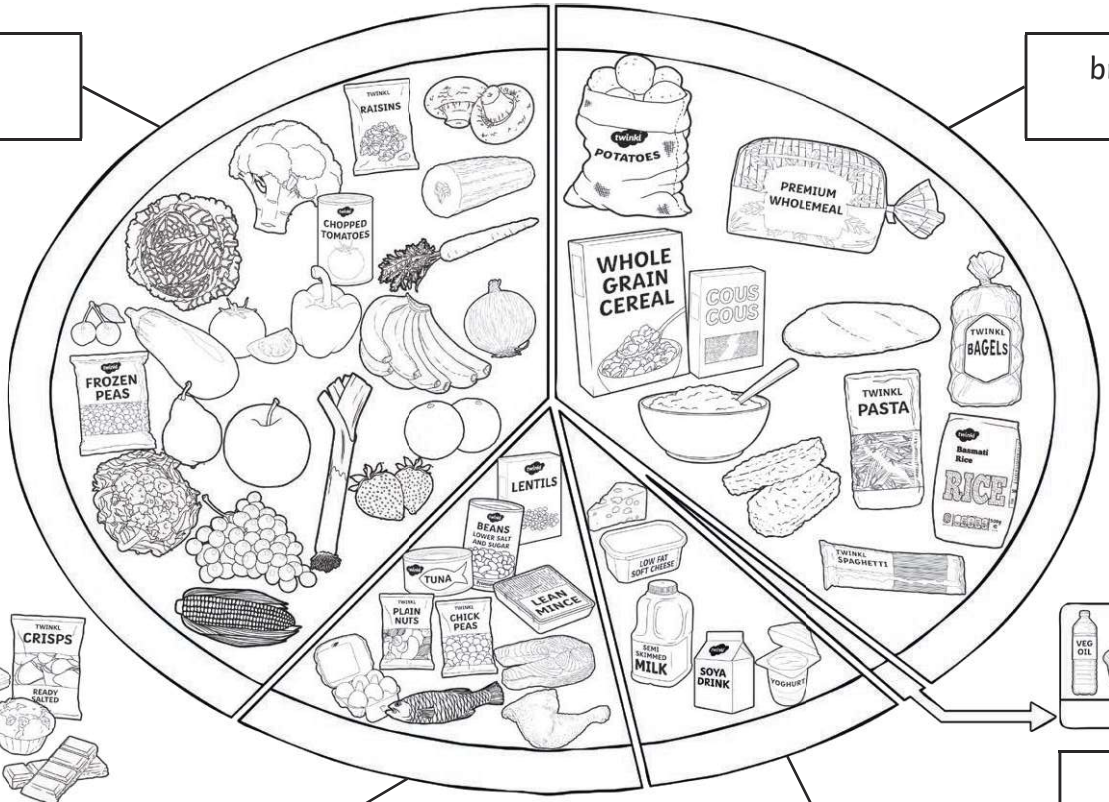
Food Groups **Answers**

fruits and vegetables

bread, rice, potatoes, pasta and other starchy foods

food and drinks high in fat and/or sugar







oil and spreads

meat, fish, eggs, beans, and other non-dairy sources of protein

milk and dairy products