



The Five Food Groups



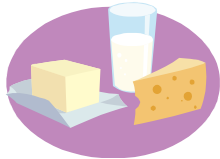
Grains include such items as bread, cereal, pasta, rice. They are the foundation of a healthy diet. Just like gas fuels your car, grains fuel your muscles. They're carbohydrates that your body uses for energy to protect you from fatigue. You should eat at least six ounces of grains every day.



Vegetables give your body the vitamins, mineral and fiber it needs. Dark green vegetables such as broccoli and spinach are particularly high in minerals. Your body needs at least two and a half cups of vegetables every day.



Fruits are another rich source of vitamins and fiber. Fruit is high in carbohydrates so it provides energy. Make sure to always have a variety of fruit on hand - your body needs at least 2 servings a day. For the best value, look for fresh fruits in season.



Dairy products are rich in calcium, which your bones need to remain strong. Dairy is also a quick source of protein. Your body needs dairy products daily. By drinking a glass of milk you are giving your body a good source of calcium.



Protein is mainly found in meats and beans. Children need protein in order to grow, and adults need it to protect and repair muscles. A healthy diet should include at least five and a half ounces of protein-rich foods every day. Meat, poultry and fish are common sources of protein as are beans, seeds, nuts, eggs, and peanut butter. Make sure your cupboards always have a variety of canned or dried protein-rich foods so that you can give your body what it needs every day.