

VEGETABLES **VEGETABLES** **VEGETABLES**

WHOLE GRAINS WHOLE GRAINS WHOLE GRAINS

LOW-FAT DAIRY LOW-FAT DAIRY LOW-FAT DAIRY

LEAN BEEF

LEAN BEEF

LEAN BEEF

LEAN MEAT & FISH LEAN MEAT & FISH LEAN MEAT & FISH

NUTS & SEEDS NUTS & SEEDS NUTS & SEEDS

BEANS

BEANS

BEANS

FRUITS

FRUITS

FRUITS

WATER

WATER

WATER