

**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**