

# FOOD GROUPS

A F B R E V B N M A F U L  
P U S N P E S T V S E S L  
E C I R A G G B R E A D S  
S R R N S E R S R E R M E  
E L S A T T L N P I A I E  
E E I M A A I O U L F L S  
V C E O E B U U R T S K E  
G A H R L L G T R E S R S  
H T E E T E M R U F Y T S  
S C T R E S T U H I A M S  
I E Y T E S E G I F E U E  
F T E G G S E O E A T F S  
S T E E W S A Y T L F I R

BREADS, CEREAL, RICE, PASTA  
VEGETABLES

FRUITS

MILK, YOGURT, CHEESE

MEAT, POULTRY, FISH, BEANS, EGGS, NUTS

FATS, OILS, SWEETS