


EAT POWER FOODS FROM ALL FIVE FOOD GROUPS EVERY DAY

	Grain Group 	Vegetable Group 	Fruit Group 	Milk Group 	Meat and Beans Group 
A					
B					
C					
D					
E					
F					
G					
H					
I					
J					
K					
L					
M					
N					
O					
P					
Q					
R					
S					
T					
U					
V					
W					
X					
Y					
Z					