








MEET THE POWER FOODS

					
Group Name					
Health benefits					
Key Nutrients					
Recommended Serving Number					

1-ounce serving

1/2 cup serving

1/2 cup serving

1 cup serving

2- to 3-ounce serving

WHAT'S IN EACH FOOD GROUP?



Grain Group

- bagel
- bread
- cereal
- pancake
- tortilla
- rice
- pasta
- waffle
- crackers
- _____
- _____
- _____
- _____
- _____
- _____



Vegetable Group

- broccoli
- carrots
- squash
- corn-on-the-cob
- peas
- tomato
- spinach, raw
- cauliflower
- cabbage
- _____
- _____
- _____
- _____
- _____
- _____



Fruit Group

- orange juice
- watermelon
- strawberries
- banana
- grapes
- cherries
- apple
- peach
- plum
- _____
- _____
- _____
- _____
- _____
- _____



Milk Group

- milk
- chocolate milk
- cheddar cheese
- American cheese
- yogurt
- pudding
- frozen yogurt
- milkshake
- cottage cheese
- _____
- _____
- _____
- _____
- _____
- _____



Meat and Beans Group

- beef
- chicken
- fish
- pork
- eggs
- peanut butter
- legumes
- almonds
- sunflower seeds
- _____
- _____
- _____
- _____
- _____
- _____