

For Health...eat some food from each group...every day!



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[Center] U.S. NEEDS US STRONG / EAT THE BASIC 7 EVERYDAY

GROUP ONE / GREEN AND YELLOW VEGETABLES ... / some raw – some cooked, / frozen or canned.

GROUP TWO / ORANGES, TOMATOES, / GRAPEFRUIT ... / or raw cabbage or salad greens.

GROUP THREE / POTATOES AND OTHER / VEGATABLES AND FRUITS / raw, dried, cooked / frozen or canned.

GROUP FOUR / MILK / AND MILK PRODUCTS ... / fluid, evaporated, / dried milk, or cheese

GROUP FIVE / MEAT, POULTRY / FISH, OR EGGS ... / or dried beans, peas, / nuts, or peanut butter

GROUP SIX / BREAD, FLOUR, / AND CEREALS ... / Natural whole grain - / or enriched or restored

GROUP SEVEN / BUTTER AND / FORTIFIED MARGARINE //(with added Vitamin A)

U.S. GOVERNMENT CHART

IN ADDITION TO THE BASIC 7 ... / EAT ANY OTHER FOODS YOU WANT

U.S. GOVERNMENT CHART

U.S. DEPARTMENT OF AGRICULTURE

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