

NAME _____

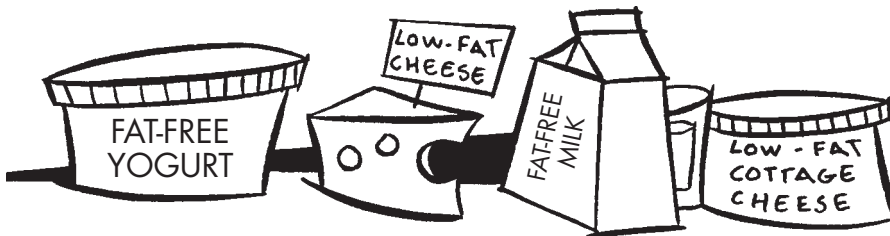
What Foods Do You Need?

Eat each of the following kinds of foods each day.
Add a food that you like to eat to each group.

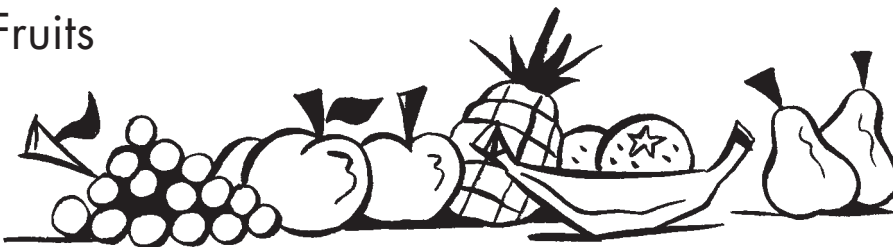
Lean Meat, Poultry, and Fish



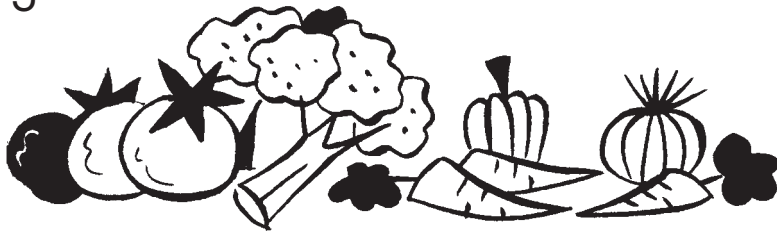
Fat-free or Low-fat Milk Products



Fruits



Vegetables



Breads, Cereals, Pasta

