l'm an Eat-Smart Kid!

## The Five Food Groups

I eat foods from all the food groups



Color the group you eat each day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grains look for whole grains		800	08				
Veggies choose different col- ors to eat	THE STATE OF THE S						
Fruits Eat more fruit, make sure juice is 100% fruit		90	8	7			C. C. C.
Milk - Dairy Go low fat or fat free						AO COURT	
Meat/ Beans try some fish and nuts					The second		- James
Don't forget to Move It							

