

There are four main food groups. These groups are:

1. The Milk Group
2. The Meat Group
3. The Fruit and Vegetable Group
4. The Bread and Cereal Group

We should eat some food or foods from each group daily. Below are some foods from each group.

### Milk Group



milk, cheese, ice cream, butter

### Meat Group



meat, fish, poultry, eggs

### Vegetable and Fruit Group



beets, onions, turnips, lettuce, cucumbers, radishes, rhubarb, beans, berries, grapes, pears, raisins

### Bread and Cereal Group



bread, cereal, rice, spaghetti, crackers