

Food groups



1. Fruits and vegetables
 2. Grains and cereals
 3. Proteins
 4. Dairy products
 5. Oils and fats
 6. Sugars and sweeteners
 7. Alcohols
 8. Herbs and spices
 9. Nuts and seeds
 10. Legumes and pulses
 11. Eggs
 12. Fish and seafood
 13. Meat and poultry
 14. Plant-based proteins
 15. Fermented foods
 16. Probiotics
 17. Prebiotics
 18. Antioxidants
 19. Phytochemicals
 20. Essential nutrients

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