

Food groups



1. The food groups are: fruits, vegetables, grains, proteins, and dairy products.
 2. Each food group provides different nutrients that are essential for a healthy diet.
 3. Eating a variety of foods from each group helps ensure you get all the nutrients you need.
 4. It is important to eat a balanced diet that includes all the food groups.
 5. This helps to keep you healthy and strong.

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