

Food groups



1. Fruits and vegetables
 2. Grains
 3. Protein sources
 4. Dairy products
 5. Beverages
 6. Snacks and sweets
 7. Nuts and seeds
 8. Oils and fats
 9. Herbs and spices
 10. Condiments

This page is designed to help you identify and understand the different food groups. It includes a variety of food items that you can use to create a balanced diet. The central text box provides a list of food groups that you can use to categorize the items. The items are arranged in a circular pattern around the central text box.