

Grains



Examples: Cereal, Bread, Rice, Pasta, Crackers, Pretzels, Oatmeal, Popcorn, Tortillas

Fruit



Examples: Cherries, Berries, Apples, Bananas, 100% Fruit Juice, Oranges, Nectarines

Protein



Examples: Meat, Beans, Nuts, Seeds, Eggs

Vegetables



Examples: Broccoli, Carrots, Lettuce, Spinach, Turnips, Green Beans, Potatoes

Dairy



Examples: Cheese, Milk, Yogurt, Soymilk, Frozen Yogurt, Ice Cream, Puddings