

*For Health...eat some food from each group...every day!*

GROUP ONE

GREEN AND YELLOW VEGETABLES...some raw—some cooked, frozen or canned

GROUP TWO

ORANGES, TOMATOES, GRAPEFRUIT...or raw cabbage or salad greens

GROUP THREE

POTATOES AND OTHER VEGETABLES AND FRUITS raw, dried, cooked, frozen or canned

GROUP FOUR

MILK AND MILK PRODUCTS...fluid, evaporated, dried milk, or cheese

GROUP FIVE

MEAT, POULTRY, FISH, OR EGGS...or dried beans, peas, nuts, or peanut butter

GROUP SIX

BREAD, FLOUR, AND CEREALS...Natural whole grain-or enriched or restored

GROUP SEVEN

BUTTER AND FORTIFIED MARGARINE (with added Vitamin A)

U.S. NEEDS US STRONG  
EAT THE BASIC 7 EVERY DAY

*IN ADDITION TO THE BASIC 7...EAT ANY OTHER FOODS YOU WANT*

U.S. GOVERNMENT CHART  
U.S. DEPARTMENT OF AGRICULTURE