






The Five Food Groups



I'm an Eat-Smart Kid!

I eat foods from all the food groups



Color the star you eat each day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Grains look for whole grains</p>							
 <p>Veggies choose different colors to eat</p>							
 <p>Fruits Eat more fruit, make sure juice is 100% fruit</p>							
 <p>Milk - Dairy Go low fat or fat free</p>							
 <p>Meat/ Beans try some fish and nuts</p>							
<p>Don't forget to Move It</p>							

