HEALTHY FOODS CLASSIFICATION

GROUP 1		GROUP 2			GROUP 3	GROUP 4	GROUP 5	GROUP 6	
VEGETABLES	FRUIT	LEGUMES	CEREAL	CARBOHYDRATES	DAIRY PRODUCTS	MEAT (meat, poultry and fish) AND EGGS	OIL, DRIED FRUITS, NUTS, SEEDS	FATS	SWEETS

milk lentils cream bread lettuce tangerine chicken

apple beef tomato onion rice fish peanuts

oat yoghurt oil pear ice cream eggs beans

banana raisins almonds popcorn noodles peas lemon

olives strawberry ravioli cheese carrot chocolate butter