

Food group		Example of items in this group	Nutrients	Benefits to the body	Other
1		Watermelon, apples, tomatoes, lettuce, corn, strawberry		High in water Low in calories Feel full for longer	
2			Carbohydrate Vitamins Minerals Fiber		<u>Whole grains</u> : brown bread
					<u>Refined grains</u> : white bread
3					Can be fortified with Vitamin D
4			Protein Iron Omega-3		<u>Meat sources</u> :
					<u>Non-meat sources</u> :
5		Olive Oil Seeds Avocados		-Insulate the body -Protect internal organs -High number of calories	<u>Mono/poly unsaturated</u> :
					<u>Saturated</u> : processed food
					<u>Trans</u> :

LIVWORKSHEETS