

### 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