

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		Whole grains: brown bread Refined grains: white bread
3					Can be fortified with Vitamin D
4			Protein Iron Omega-3		Meat sources: Non-meat sources:
5		Olive Oil Seeds Avocados		-Insulate the body -Protect internal organs -High number of calories	Mono/poly unsaturated: Saturated: processed food Trans:

