WHAT’S IN FOODS?
Read the information about nutrients in foods.

LEAN MEAT, POULTRY, & FISH
Proteins, B Vitamins, Iron, Other Minerals

VEGETABLES & FRUITS
Carbohydrates, Vitamins — especially A and C, Minerals, Fiber (also low in fat, calories, and sodium; no cholesterol)

TO GROW & STAY HEALTHY

FAT-FREE & LOW-FAT MILK PRODUCTS
Proteins, Calcium, Phosphorus, Niacin, Riboflavin, Vitamins A and D

TO PROVIDE ENERGY

BREADS, CEREALS, PASTA & STARCHY VEGETABLES
Carbohydrates, B Vitamins, Iron, Fiber (also low in fat and cholesterol)