

# Healthy Food Choices

Choose nutritious foods from these five groups every day

## Grains 4 serves



## Vegetables 2 - 4 serves



## Fruits 1 - 2 serves



## Protein 1 - 2 serves



## Dairy 1 - 2 serves



and drink plenty of water!

# Caring Families Food Choices

**Mike Jess**



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