



Food in This Group	Servings/Day	Nutrients provided
Fats, Oils, Sweets	1	Fats, simple carbohydrates
Dairy: Milk, Yogurt, Cheese	2-3	Protein, calcium, riboflavin, vitamin A
Protein: Meat, Poultry, Fish, Eggs, Dry Beans, Nuts	2-3	Protein, fat, iron, zinc, B vitamins
Vegetables	2-3	Carbohydrates, dietary fiber, vitamins, minerals. Dark green and deep orange vegetables are good sources of vitamin A.
Fruits	3-5	Carbohydrates, dietary fiber, vitamins, minerals. Citrus fruits, strawberries, and cantaloupe are good sources of vitamin C.
Grains: Bread, Cereal, Rice, and Pasta	6-11	Carbohydrates, B vitamins, some iron. Whole grain products are excellent sources of dietary fiber. Foods from this group provide energy.