



# Quick Reference Guide



## Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Include whole grains at least twice per week.



## Vegetables

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Include different types of vegetables (dark green, orange, starchy, dry beans and peas, and others) each week.



## Fruit

Any fruit or 100% fruit juice counts as part of the fruit group.

Include fresh fruit desserts at least twice per week.



## Milk

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not.

Most milk group choices should be fat-free or low-fat.



## Meat & Beans

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.

Most meat and poultry choices should be lean or low-fat.