

Protein

Proteins are the building blocks for our bones, muscles, skin, and blood.

Protein foods are high in minerals like zinc, iron, and magnesium that keep our bodies healthy.



Vegetables

Vegetables are high in dietary fiber, which helps lower risks of heart disease.

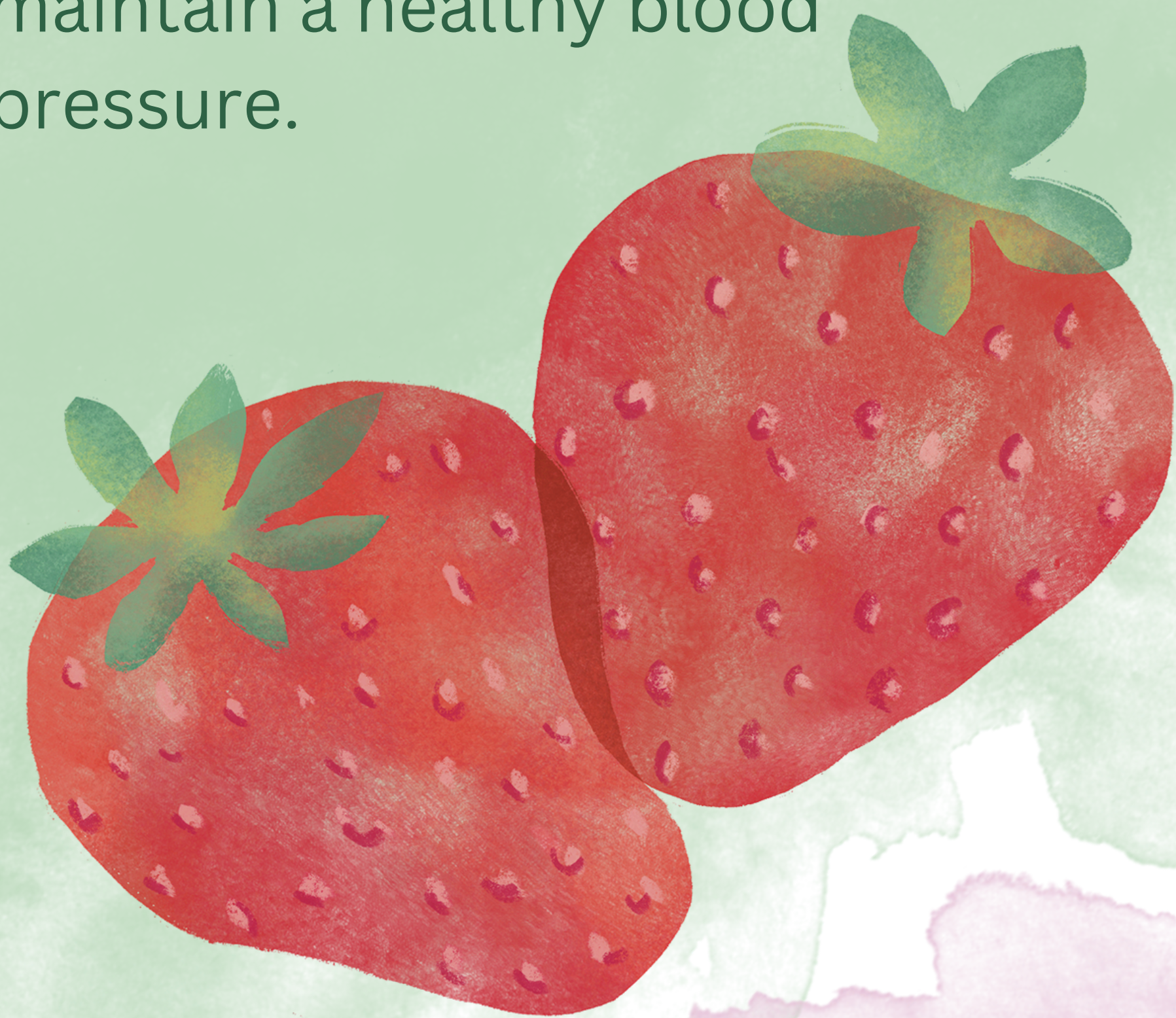
Vegetables are high in vitamin A, which keeps our skin healthy.



Fruit

Fruits have lots of nutrients that our bodies need to be healthy - like fiber and vitamin C.

Some fruits are high in potassium, which helps maintain a healthy blood pressure.



Grains

Grains contain lots of B vitamins, which help keep our nervous systems healthy.

Grains are a good source of carbohydrates, which give our bodies energy.



Dairy

Dairy is high in calcium, which helps strengthen our bones

Dairy is a good source of vitamin D, which helps keep our bones healthy.

