






Nutrition 101

Food Groups

Food Group	Benefits	Nutrition Tip
<p>Dairy</p> 	<p>Build strong bones.</p>	<p>Have about one serving of low-fat dairy such as milk or cheese, yogurt, or even pudding 3 times a day.</p>
<p>Grains</p> 	<p>Provide energy for muscles and the brain.</p>	<p>Have a grain such as rice, pasta, and bread in every meal. Mainly whole grain!!</p>

Food Group	Benefits	Nutrition Tip
<p>Fats</p> 	<p>Keep you feeling full.</p>	<p>Try olive oil, guacamole, peanut butter, or seeds at every meal. Little portions!</p>
<p>Fruits & Vegetables</p> 	<p>Provides vitamins and minerals for healthy skin, hair, nails, and immune system.</p>	<p>Try to get AT LEAST 5 servings a day!</p>
<p>Proteins</p> 	<p>Maintain muscle size, endurance and tone!</p>	<p>Try fish, beans, eggs, peanut butter, chicken, or beef with at least 2 meals a day.</p>