

THE FOOD GROUP BOX

Fruits	Vegetables	Grains and Grain Products		Meat & Meat Equivalents	Milk	Fats & Oils
(vitamin C) -----	(vitamin A) -----	(whole grain) -----	-----	-----	-----	
3 servings	3 servings	5 servings		6-7 oz. (6-7 servings)	16 fl. oz.	1 serving