



**Grains**  
Make half your grains whole

**Vegetables**  
Vary your veggies

**Fruits**  
Focus on fruits

**Milk**  
Get your calcium-rich foods

**Meat & Beans**  
Go lean with protein

 **oils**

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.