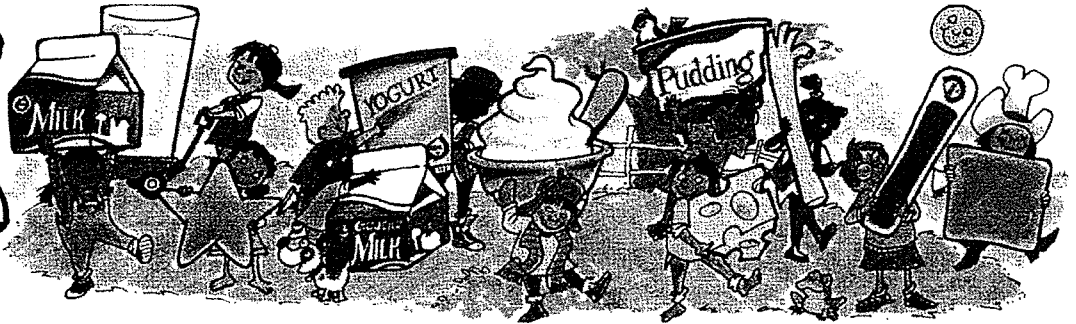


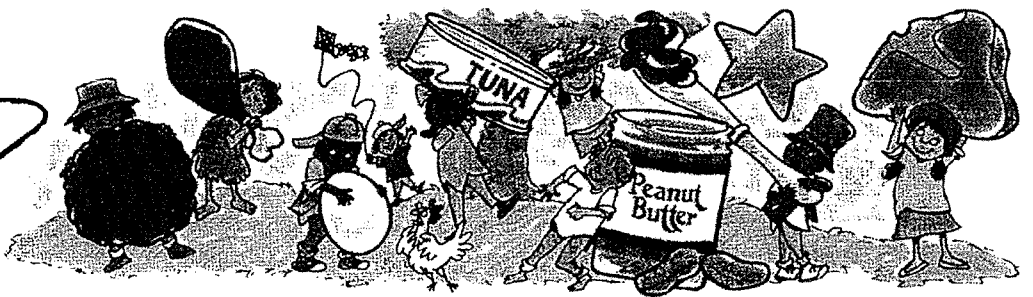
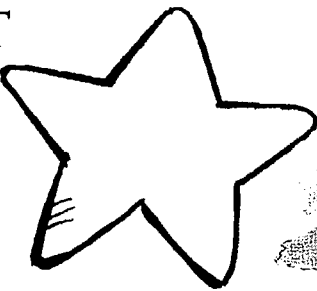
EAT THE FIVE FOOD GROUP WAY!

Every day eat foods from each of the Five Food Groups.

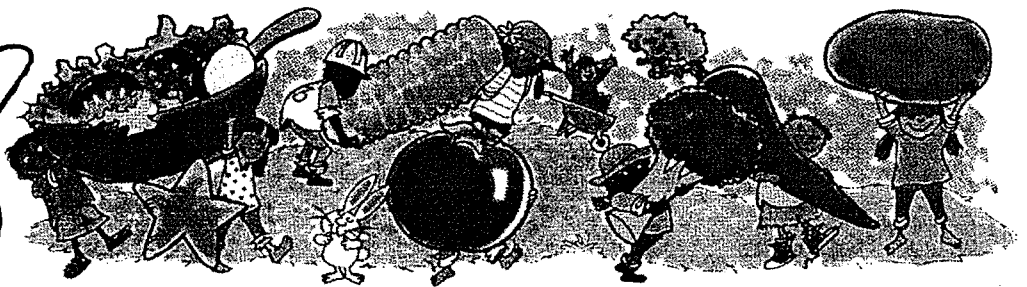
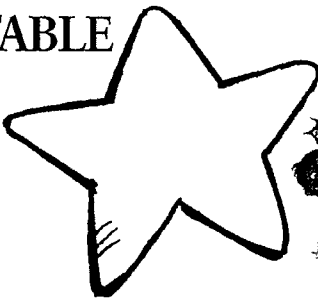
MILK
Group



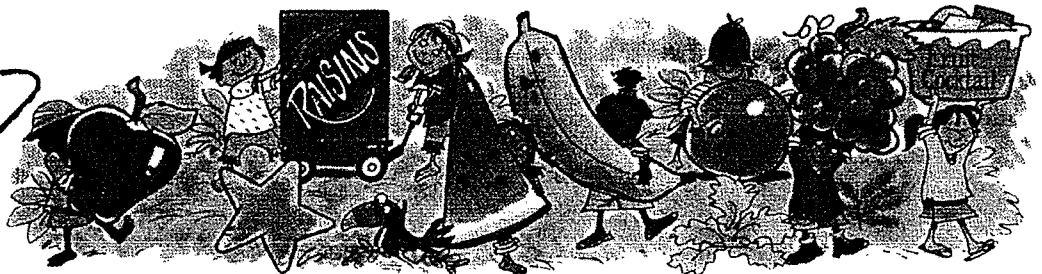
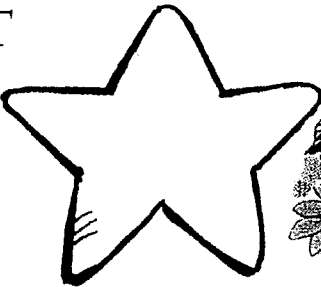
MEAT
Group



VEGETABLE
Group



FRUIT
Group



GRAIN
Group

