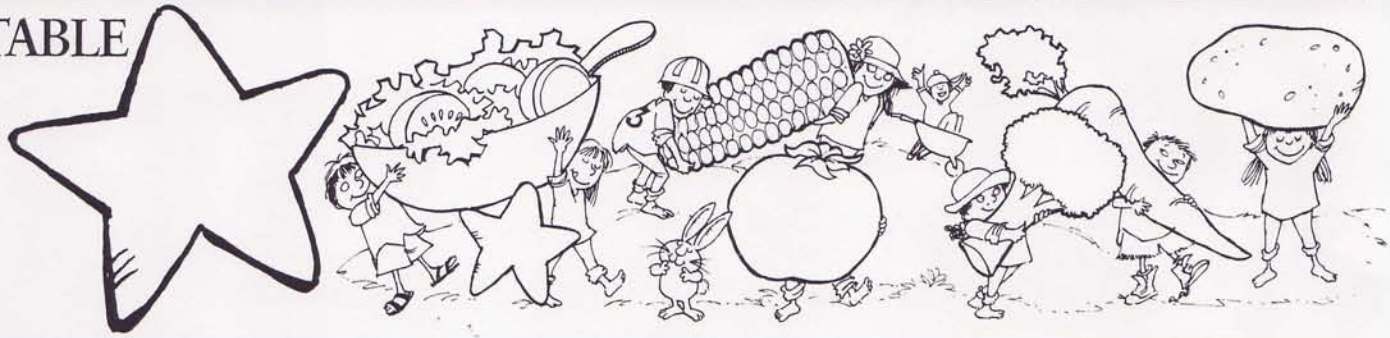
EAT THE FIVE FOOD GROUP WAY!

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

MILK Group

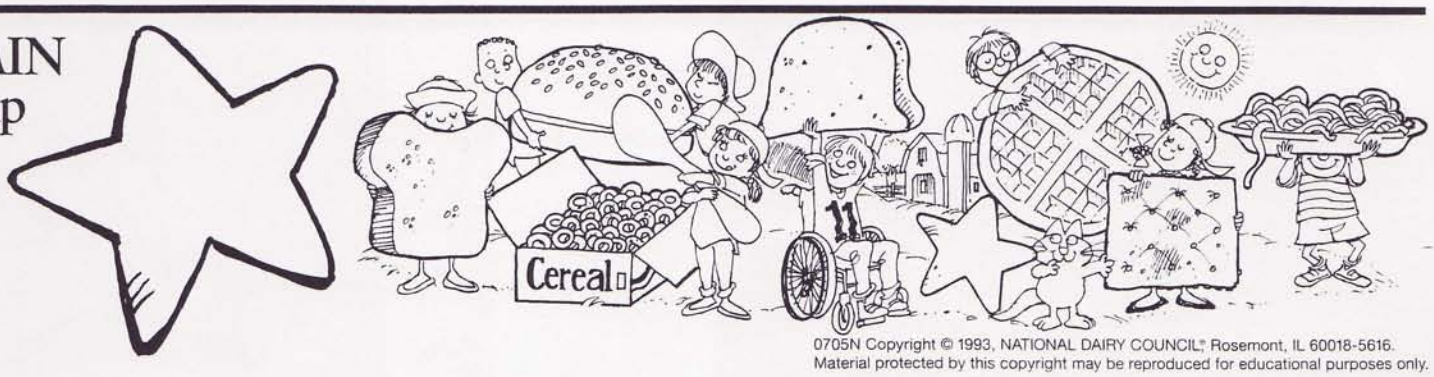
MEAT Group

VEGETABLE Group



FRUIT Group

GRAIN Group



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