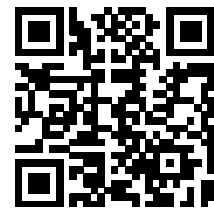


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# Understanding Food Groups



In a balanced diet, it's important to include a variety of \_\_\_\_\_ from all the major food groups. Each group provides unique \_\_\_\_\_ that our bodies need for energy, growth, and repair. The first group consists of \_\_\_\_\_, offering essential vitamins like vitamin C and fiber. \_\_\_\_\_ make up the second group, known for their vitamins, minerals, and \_\_\_\_\_. Grains, divided into whole and refined, are our main source of \_\_\_\_\_. Proteins, found in meat, beans, and nuts, are crucial for building and repairing \_\_\_\_\_. Dairy products, or alternatives, provide calcium for strong bones. Including \_\_\_\_\_ and fats in moderation is also necessary for health, even though they are not a formal food \_\_\_\_\_.

A balanced diet requires more than just eating these groups; it involves consuming the right \_\_\_\_\_ from each group. For example, whole grains are preferred over refined grains because they contain more \_\_\_\_\_ and nutrients. Fruits and vegetables should fill half your plate, emphasizing the variety of colors to maximize nutrient intake. Lean \_\_\_\_\_ sources and low-fat dairy options can help maintain a healthy weight and support muscle development. Finally, limiting \_\_\_\_\_ drinks and snacks is essential for overall health. Understanding the role of each food group can help individuals make healthier \_\_\_\_\_, leading to a more balanced and nutritious diet.

oils fiber choices energy tissues group fruits nutrients foods  
antioxidants Vegetables sugary protein amounts