




# The 5 FOOD GROUPS

A healthy eating pattern means eating a variety of nutritious foods from the 5 food groups:

- > **VEGETABLES**
- > **FRUITS**
- > **PROTEIN FOODS**
- > **GRAINS**
- > **DAIRY FOODS**

Choose foods from each of these food groups to plan nutritious meals and snacks each day!



Don't forget  
to include plenty  
of water.

✓ DRINK AT LEAST  
8-12 CUPS EACH DAY



## 3 PROTEIN FOODS

### BEANS AND PEAS

- Tofu
- Pinto beans
- White beans
- Lentils
- Kidney beans
- Chickpeas
- Black beans

### NUTS AND SEEDS

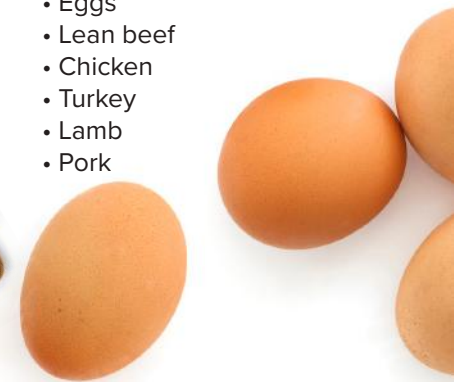
- Peanut butter
- Sunflower seeds
- Almonds
- Hazelnuts
- Pine nuts
- Peanuts

### SEAFOOD

- Tuna
- Salmon
- Mussels
- Crab
- Trout
- Herring
- Sardines
- Pollock

### ANIMAL PROTEINS

- Eggs
- Lean beef
- Chicken
- Turkey
- Lamb
- Pork



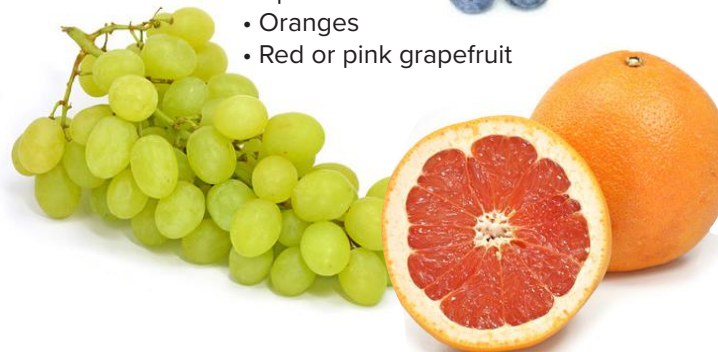
## 1 VEGETABLES

- Carrots
- Sweet potatoes
- Broccoli
- Spinach
- Cooked greens (such as kale, collards, turnip greens, and beet greens)
- Squash
- Tomatoes and tomato sauces
- Red sweet peppers



## 2 FRUITS

- Melons
- Mangoes
- Berries (strawberries, blueberries)
- Grapes
- Bananas
- Apricots
- Oranges
- Red or pink grapefruit



**Take This Lesson to Learn:**

- What nutrients your baby needs to grow.
- How to avoid food-borne illness like listeriosis.
- How folic acid helps your growing baby.
- What you can do about common pregnancy discomforts.

**To Get Started:**

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Pregnancy And Baby's First 6 Months**
- Choose the lesson: **Eat Well For A Healthy Pregnancy**

# The **5** FOOD GROUPS



## **4** GRAINS

- Whole wheat pasta
- Corn tortillas
- Whole wheat tortillas
- Oats
- Brown rice
- Fortified ready-to-eat cereals
- Fortified cooked cereals
- Whole grain bread



Many of the foods in the five food groups are available with WIC. Check your state or tribe's list of WIC foods to see which foods are included in your WIC food package!

## **5** DAIRY FOODS

- Fat-free or low-fat yogurt
- Low-fat cheese
- Low-fat milk
- Calcium-fortified soymilk (*soy beverage*)



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