**Eating for Good Health**

Foods in Group Health Benefits? Nutrients? How Much?

|  |  |  |  |
| --- | --- | --- | --- |
| Grains: |  |  |  |
| Fruits” |  |  |  |
| Vegetables: |  |  |  |
| Milk, Meat, Beans: |  |  |  |
|  |  |  |  |