Lesson 16

Eating Healthy: The Big Picture View
Choose MyPlate
Your Big Picture View of Healthy Eating
Focus on Food Groups 1

Food Group

Foods from This Group

Food Job

Eat

every day.

© ETR Associates
Focus on Food Groups 2

Food Group

Foods from This Group

Food Job

Eat

every day.
Food Groups

- Fruits
- Grains
- Vegetables
- Protein
- Dairy
- Oils
Focus on Food Groups 3

Food Group

Foods from This Group

Food Job

Eat every day.
Focus on Food Groups 4

Food Group

Foods from This Group

Food Job

Eat every day.
Food Groups

Fruits

Grains

Vegetables

Protein

Dairy

Oils
Focus on Food Groups 5

Food Group

Foods from This Group

Food Job

Eat every day.
Food Groups

Fruits

Grains

Vegetables

Protein

Dairy

Oils

Image 16C
Focus on Food Groups 6

Food Group

Foods from This Group

Food Job

Eat every day.