

Food Groups Chart

This Food Groups Chart is designed to help you maintain a balanced and nutritious diet. Each food group provides essential nutrients that contribute to your overall health and well-being.

Food Group	Benefits	Examples
Fruits	Fruits are an excellent source of vitamins, providing essential nutrients such as vitamin C, vitamin A, and potassium. They are also rich in fiber, which supports digestive health and helps regulate blood sugar levels.	
Vegetables	Vegetables are packed with vitamins, minerals, and antioxidants that support overall health and reduce the risk of chronic diseases. They are also high in fiber, promoting digestive health and aiding in weight management.	
Grains	Grains provide energy for the body and are a significant source of essential nutrients such as fiber, B vitamins, and minerals like iron and magnesium. Whole grains, in particular, offer health benefits such as reducing the risk of heart disease and improving digestive health.	

Protein Foods	<p>Protein foods are essential for building and repairing tissues, supporting immune function, and maintaining muscle mass and strength. They also help keep you feeling full and satisfied, making them beneficial for weight management.</p>	
Dairy	<p>Dairy products are rich in calcium, which is essential for bone health and development. They also provide protein, vitamin D, and other essential nutrients that support overall health. Consuming dairy products may reduce the risk of osteoporosis and other bone-related conditions.</p>	

Remember to maintain a balanced diet by incorporating foods from all food groups. Adjust serving sizes based on individual needs and consult with a healthcare professional for personalized dietary advice.