

The Five Food Groups

The following is an at-a-glance chart of foods that belong to each food group. It is not a complete list. For more information on each food group, visit: <http://www.choosemyplate.gov/food-groups/>

FOOD GROUP	FOODS IN THE FOOD GROUP	
FRUITS Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried; and may be whole, cut-up, or puréed.	Apples Apricots Bananas Cherries Grapefruit Grapes Kiwi fruit Mangoes Oranges Papaya Peaches Pears Pineapple Plums Raisins	BERRIES Blackberries Blueberries Raspberries Strawberries MELONS Cantaloupe Honeydew Watermelon
VEGETABLES Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. There are five Vegetable Subgroups: Beans and Peas, Dark Green, Red and Orange, Starchy, and Other Vegetables.	BEANS AND PEAS Black beans Black-eyed peas Chickpeas (garbanzo beans) Lentils Red beans Soy beans Split peas White beans DARK-GREEN VEGETABLES Bok choy Broccoli Collard greens Dark-green leaf lettuce Kale Romaine lettuce Spinach RED AND ORANGE VEGETABLES Butternut squash Carrots Red/orange bell peppers Pumpkin Sweet potatoes Tomatoes	STARCHY VEGETABLES Corn Green peas Plantains Potatoes Taro OTHER VEGETABLES Asparagus Avocado Beets Cauliflower Celery Cucumber Eggplant Green beans Iceberg lettuce Mushrooms Radicchio Sugar snap peas Yellow bell pepper Zucchini

The Five Food Groups (continued)

FOOD GROUP	FOODS IN THE FOOD GROUP	
<p>GRAINS</p> <p>Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into two subgroups:</p> <ul style="list-style-type: none"> • Whole Grains contain the entire grain kernel — the bran, germ, and endosperm. • Refined Grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. 	<p>WHOLE GRAINS</p> <p>Amaranth</p> <p>Bread products made primarily from 100% whole grains (such as whole-wheat breads, buns, rolls, and pitas)</p> <p>Brown rice</p> <p>Buckwheat</p> <p>Bulgur</p> <p>Millet</p> <p>Muesli</p> <p>Oatmeal</p> <p>Popcorn</p> <p>Quinoa</p> <p>Rolled oats</p> <p>Whole-grain barley</p> <p>Whole rye</p> <p>Whole-wheat crackers</p> <p>Whole-wheat pasta</p> <p>Whole-wheat tortilla</p> <p>Wild rice</p>	<p>REFINED GRAINS*</p> <p>Bread products made with refined “white” flour (such as white rolls, buns, pitas, etc.)</p> <p>Cornbread</p> <p>Corn tortillas</p> <p>Couscous</p> <p>Flour tortillas</p> <p>Grits</p> <p>Noodles</p> <p>Pastas (spaghetti, macaroni)</p> <p>Pretzels</p> <p>Some ready-to-eat breakfast cereals</p> <p>White rice</p> <p><small>* Most of these products are made from refined grains. Some are made from whole grains. Check the ingredients list for the words “whole grain” or “whole wheat” to decide if they are made from a whole grain. Some foods are made from a mixture of whole and refined grains.</small></p>
<p>DAIRY</p> <p>All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group.</p> <p>Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not considered to be in the Dairy Group. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.</p>	<p>Fluid milks (flavored or unflavored)</p> <p>Lactose-reduced milks</p> <p>Lactose-free milks</p> <p>Calcium-fortified soy beverages (soymilk)</p> <p>CHEESE</p> <p>Cheddar</p> <p>Mozzarella</p> <p>American</p> <p>Cottage cheese</p>	<p>Yogurts</p> <p>MILK-BASED DESSERTS</p> <p>Puddings</p> <p>Ice cream</p> <p>Frozen yogurt</p> <p>Ice milks</p>

The Five Food Groups (continued)

FOOD GROUP	FOODS IN THE FOOD GROUP	
<p>PROTEIN FOODS</p> <p>All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.</p> <p>Beans and peas are also part of the Vegetable Group.</p>	<p>BEANS AND PEAS</p> <p>Black beans Black-eyed peas Chickpeas (garbanzo beans) Lentils Red beans Soy beans Split peas White beans</p> <p>SEAFOOD</p> <p>Anchovies Catfish Clams Cod Crab Crawfish Flounder Lobster Oysters Salmon Sardines Shrimp Squid (Calamari) Tilapia Tuna</p> <p>NUTS AND SEEDS (AND BUTTERS)</p> <p>Almonds Peanuts Pumpkin seeds Sunflower seeds Walnuts</p>	<p>PROCESSED SOY PRODUCTS</p> <p>Tofu Tempeh Texturized Vegetable Protein (TVP) “Veggie Burgers”</p> <p>POULTRY</p> <p>Chicken Duck Turkey</p> <p>EGGS</p> <p>MEATS (LEAN CUTS AND GROUND MEATS)</p> <p>Beef Ham Lamb Pork Veal</p>

