

Food Groups: Compare and Contrast

	Examples	Is it healthy?	Important Information
Fruit	Apples, oranges, grapes, strawberries, bananas, pears, blueberries, kiwi (it's possible! But the trees take 7 years to fruit)	Yes	The part of flowering plant that is sweet and edible. Make half your plate fruits and vegetables. Blueberries and blackberries grow wild in Western NC during the summer!
Vegetable	Lettuce, cucumbers, carrots, green beans, peppers, onion, broccoli	Yes	Plant or part of a plant that is edible like the leaf, stem, or root. Eat fruits and vegetables of different colors to give your body a variety of nutrients.
Grain	Bread, cereal, rice, oats, tortillas, pasta	Yes	Make at least half your grains whole grains, like oatmeal, bread, and pasta.
Protein	Meat, eggs, fish, poultry, beans, peas, nuts, seeds	Yes	Select lean or low-fat meat and poultry. Farmers in WNC raise all sorts of meats – cows, chickens, goats, pigs, and turkeys.
Dairy	Milk, cheese, butter, yogurt, cream	Yes	Choose fat-free or low-fat milk, yogurt and cheese. These foods can come from cows or goats. In WNC, lots of farms raise goats, milk them and make dairy products.
Oils & Fats	<i>Oils:</i> canola oil, olive oil, soy bean oil <i>Foods high in oil:</i> nuts, avocados, mayonnaise <i>Solid fats:</i> butter, shortening, lard	No	Oils and fats are NOT a food group, but they do provide essential nutrients and are found in many foods. Only small amounts of oils and fats are recommended.

Examples in **green** are items that are grown or produced locally in Western North Carolina

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**Example of large blank Food Group poster

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Grain			
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Dairy			