

FOOD GROUPS

What are the basic food groups?

Foods are grouped together when they share similar nutritional properties. The groups below are based on the Dietary Approaches to Stop Hypertension (DASH) eating plan. Depending on the plan you choose, you might find the food groups arranged with some slight differences. For example, MyPyramid has a meat and beans group instead of a meat, poultry, and fish group.

Food Groups	Examples
Grains	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn
Fruits	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines, and 100% fruit juice
Vegetables	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes
Fat-free or low-fat milk and milk products	Fat-free (skim) or low-fat (1%) milk or buttermilk, fat-free, low-fat, or reduced-fat cheese, fat-free or low-fat regular or frozen yogurt
Lean meats, poultry, and fish	Beef, poultry, pork, game meats, fish, shellfish Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry
Nuts, seeds, and legumes	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

How much of each food group should I eat?

To learn this, you'll want to refer to a healthy eating plan. A healthy eating plan will show you how much you need from each food group to stay within your calorie needs and promote good health. A healthy eating plan can also help you learn—

- How many calories you need each day.
- How much of each food equals a portion.
- How to make healthy choices in each food group.