Avocados-Fruit Group

Apples-Fruit Group

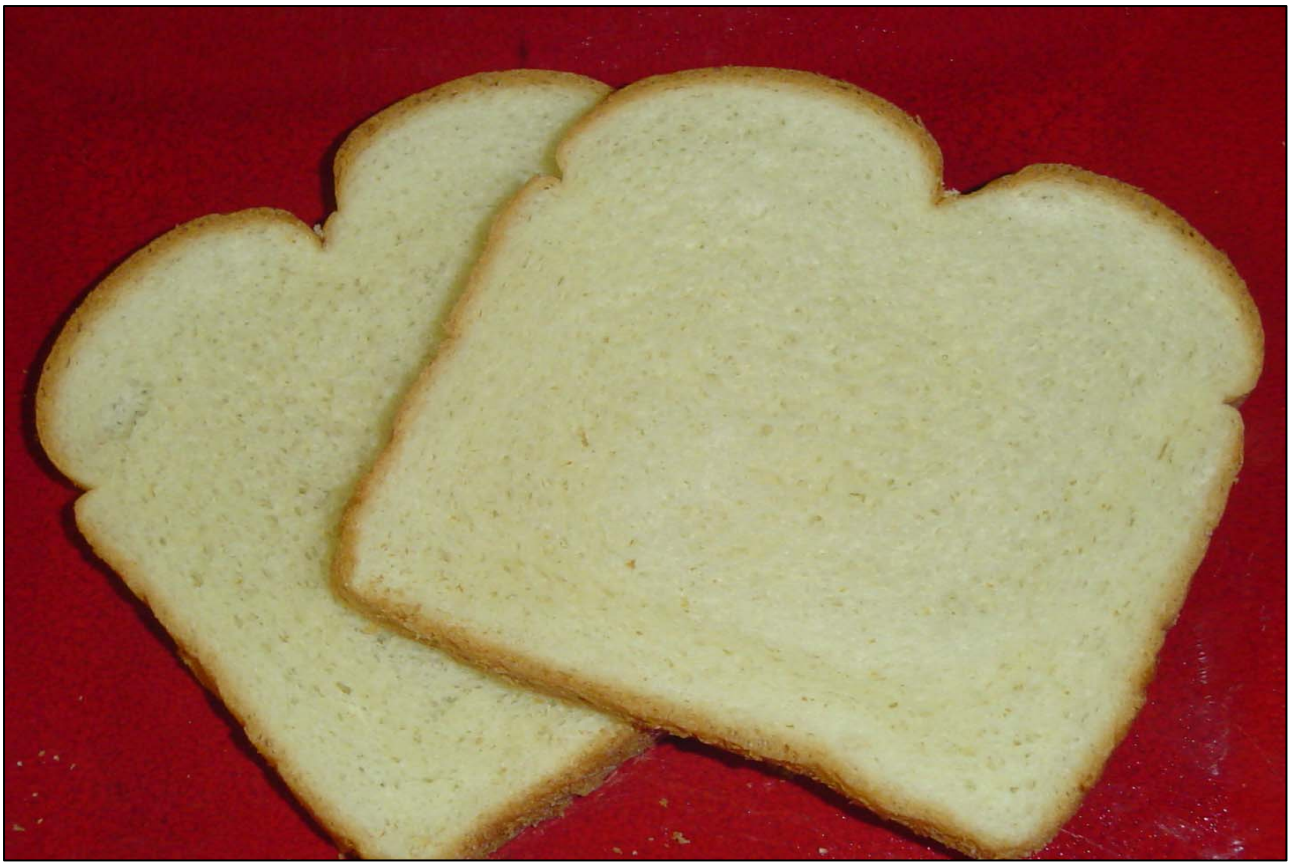
Lemons-Fruit Group

Raisins-Fruit Group

Strawberries-Fruit Group

Tomatoes-Fruit Group

Bagel- Grains Group

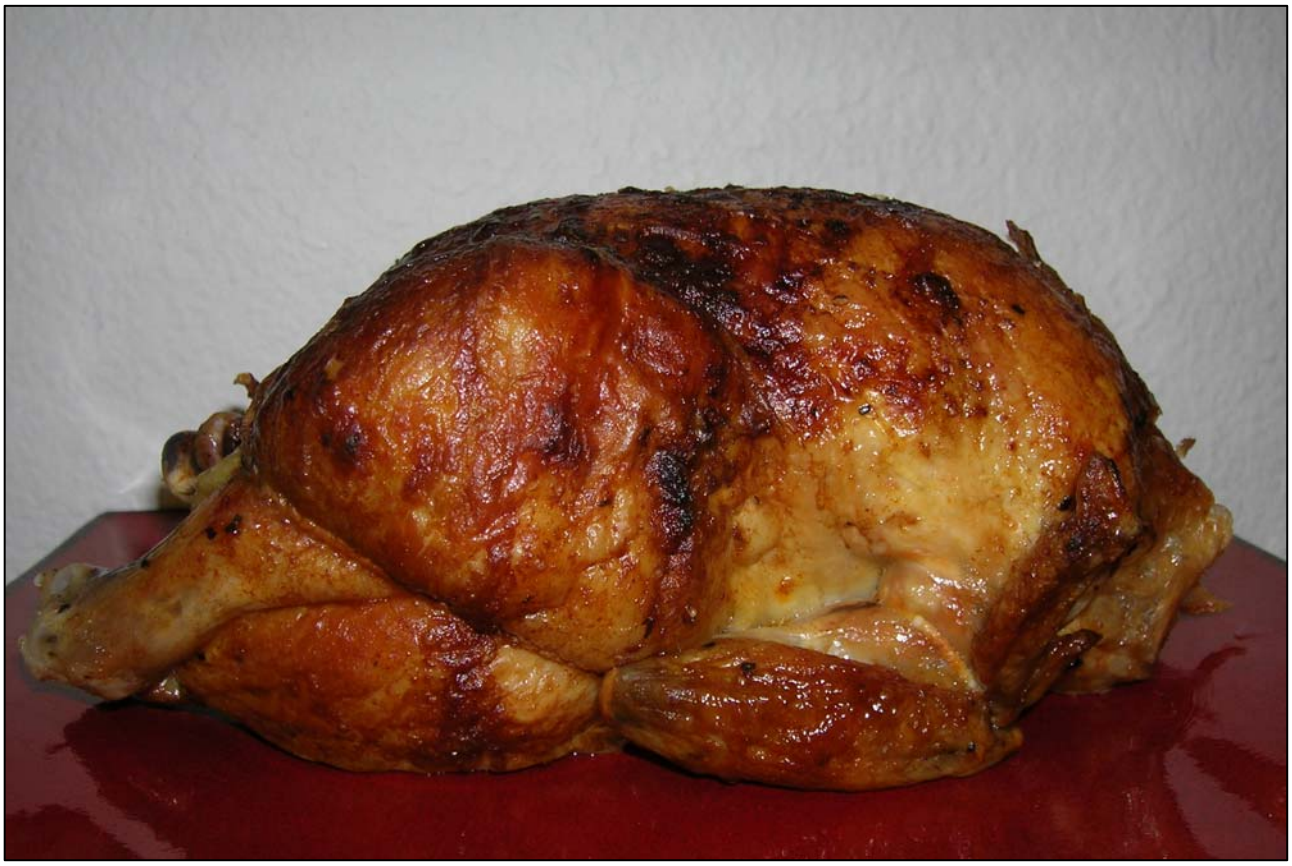


Bread- Grains Group

Popcorn-Grains Group

Tortilla-Grains Group

Nuts-Meat and Bean Group



Chicken-Meat and Beans Group

Eggs-Meat and Beans Group

Peanut Butter-Meat and Beans Group

Cheese- Milk Group

Milk- Milk Group

Yogurt-Milk Group

Broccoli-Vegetable Group

Cabbage- Vegetable Group

Carrots-Vegetable Group

Cauliflower-Vegetable Group

Green Beans-Vegetable Group

Green Onions-Vegetable Group

Oranges-Fruit Group

Potatoes-Vegetable Group

Radishes-Vegetable Group

Turnips-Vegetable Group

Zucchini-Vegetable Group