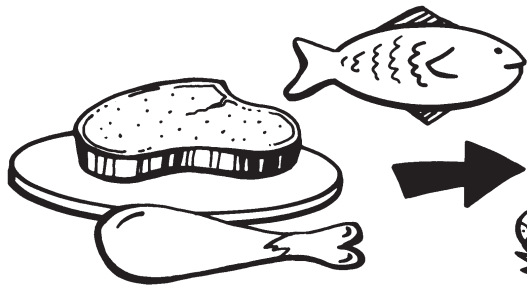


What's in Foods?

Read the information about nutrients in foods.

Lean Meat, Poultry, & Fish

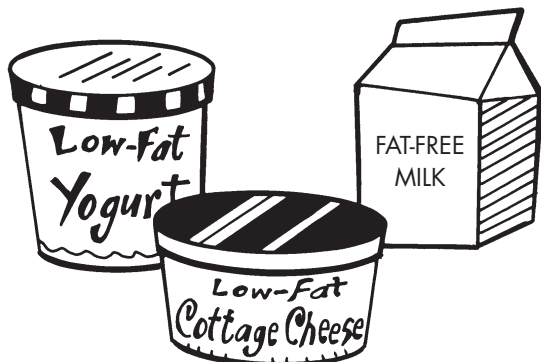
Proteins, B Vitamins, Iron,
Other Minerals



To Grow & Stay Healthy

Fat-free & Low-fat Milk Products

Proteins, Calcium,
Phosphorus, Niacin,
Riboflavin, Vitamins A and D



Vegetables & Fruits

Carbohydrates, Vitamins—
especially A and C, Minerals, Fiber
(also low in fat, calories,
and sodium; no cholesterol)



To Provide Energy

Breads, Cereals, Pasta, & Starchy Vegetables

Carbohydrates, B Vitamins, Iron, Fiber
(also low in fat and cholesterol)

