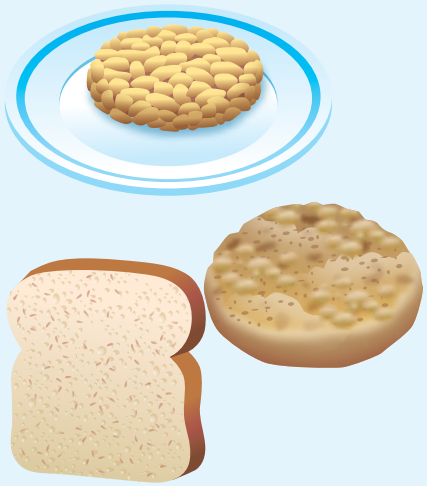
USDA
United States Department of Agriculture

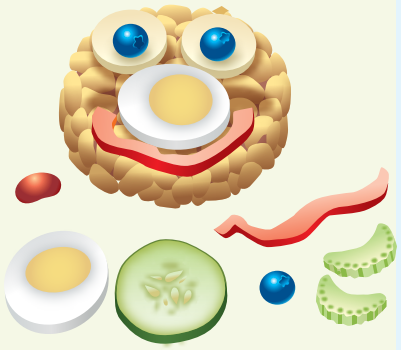
Food Group Friend

1 Get a Head



Put a grain on your plate.

2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?

Choose a dairy food and cover the head.

4 Name Your Friend

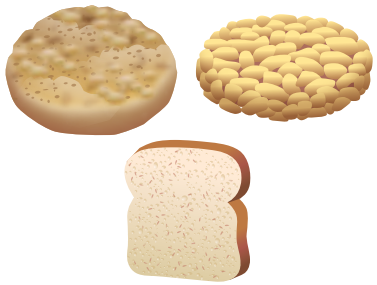
Have you used a food from each food group? If so, enjoy!

Ingredients

Choose your favorite ingredients from every group

Grain

English muffin, brown rice cake, or bread

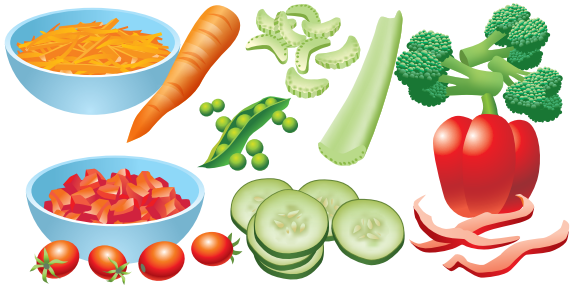


Protein Food

beans or egg

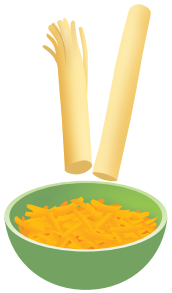
Vegetable

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



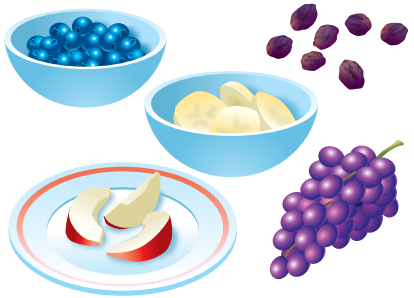
Dairy

low-fat cheese



Fruit

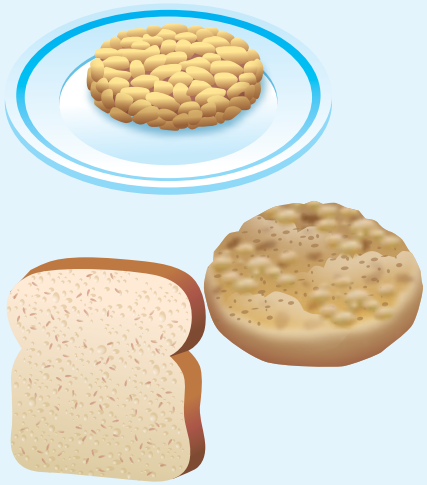
blueberries, bananas, raisins, apples, or grapes



USDA
El Departamento de Agricultura de los Estados Unidos

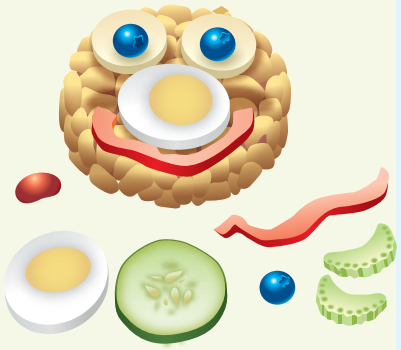
Amigo del grupo de alimentos

1 Consigue una cabeza



Pon un producto integral en tu plato.

2 Haz una cara



Elije frutas, vegetales y un alimento rico en proteína para hacer los ojos, la nariz y la boca. ¡Diviértete y hazlo colorido!

3 ¿Cabello o sombrero?

Elije un producto lácteo y cubre la cabeza.

4 Ponle nombre a tu amigo

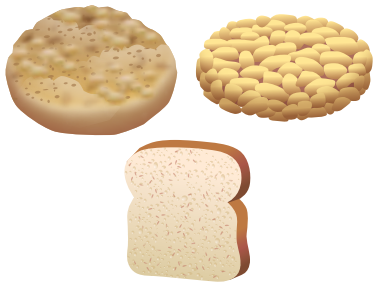
¿Haz utilizado un alimento de cada grupo alimenticio? Si es así, ¡disfrútalo!

Ingredientes

Elije tus ingredientes favoritos de cada grupo

Grano

Panecillo inglés, torta de arroz integral o pan

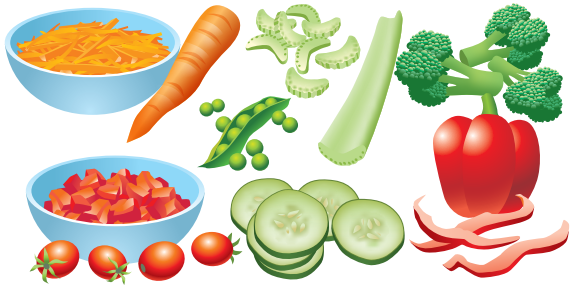


Proteína

frijoles o huevo

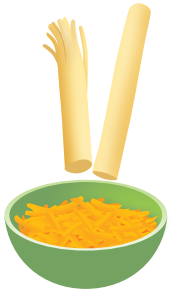
Vegetales

zanahorias, apio, brócoli, tomates, guisantes, pepino o pimiento



Lácteo

queso bajo en grasa



Frutas

arándanos, bananos, pasas, manzanas o uvas