

# Food Group Poem

My cap is blue it's plain to see  
I give you calcium and Vitamin D  
For strong bones and teeth, if you please  
Have some yogurt, milk, and cheese!

I'm crowned with purple as you see  
With Iron, Protein, and Vitamin E  
Nutritious and keeping fats so low  
Eat meat, beans, eggs, and nuts to help you grow!

My crest is red and as red can be  
I give you Potassium and Vitamins C  
Disease control, fiber, and healing—  
So many fruits and all appealing!

My top is orange and can't be beat  
You need lots of corn and wheat  
And oats and rice for fiber, please  
To reduce your risk of heart disease!

You'll see my summit is bright green  
Where potassium and Vitamins A, E, and C are seen  
Keep disease away and blood pressure healthy  
When your diet is "veggie-wealthy"!

# **Vegetables**

**Broccoli  
Carrots  
Squash  
Greens  
Cauliflower**

**Potassium  
Fiber  
Folic Acid  
Vitamins A, E, and C**

**Reduce the  
risk of chronic  
disease and  
help maintain  
healthy blood  
pressure.**

# **Dairy**

**Cheddar  
Cottage Cheese  
Milk  
Yogurt**

**Calcium  
Protein  
Vitamin D  
Potassium**

**Helps build  
strong bones  
and teeth.  
Provides  
nutrients while  
keeping  
saturated fat  
and cholesterol  
intake low.**

**Protein**

**Meat  
Poultry  
Fish  
Beans  
Eggs**

**Protein  
B Vitamins  
Vitamin E  
Iron, Zinc, Magnesium**

**Helps build  
bones,  
muscles,  
cartilage,  
skin, and  
blood**

# Grains

**Cereal  
Pasta  
Popcorn  
Whole Grain Bread**

**Fiber  
B Vitamins  
Minerals**

**Reduce risk of  
heart disease  
and other  
chronic  
diseases.**

# **Fruits**

**Apples  
Oranges  
Kiwi  
Grapes  
Bananas**

**Potassium  
Fiber  
Folic Acid  
Vitamin C**

**Provides fiber,  
helps reduce  
risk of chronic  
disease, and  
helps in  
healing  
process.**