

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.**