

## Five Food Groups & Key Messages

**Fruits and Vegetables:** Any fruit or vegetable is included in this group. Fruits or vegetables may be fresh, canned, frozen or dried. They can be whole, cut-up, pureed or juiced. **Key Message: Make half your plate fruits and vegetables.**

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas and grits. **Key Message: Make at least half of your grains whole grains.**

**Protein Foods:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are considered part of this group. Meat and poultry choices should be lean or low-fat. **Key Message: Choose lean protein.**

**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, however, foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of this group. Calcium-fortified plant based “milks” (i.e., soy beverage) is also part of this group. **Key Message: Choose fat-free or low-fat dairy products.**

### An ABC List of Agricultural Commodities

Alfalfa Hay	Dungeness Crab	Loganberries	Ryegrass Seed
Alfalfa Seed	Eggplant	Meadow Foxtail Seed	Safflower
Alpacas/Llamas	Eggs	Meadowfoam	Salmon
Angus	Elderberries	Milk	Shad
Apples	Emus, Ostriches	Mink	Sheep and Lambs
Apricots	Endive	Mint	Shrimp
Arborvitae	Escarole	Mules & Donkeys	Shrubs, Deciduous & Flower
Arugula	Farm Forest Products	Mushrooms	Silage - Corn, Hay, or Mint
Artichokes	Fescue Seed	Mustard	Sorghum
Asparagus	Figs	Myrtle Wood	Soybeans
Barley	Fish	Nectarines	Spruce
Bass	Flax	Nursery Crops	Smelt
Beans, dry	Flounder	Nuts	Sod
Bees	Flowers, Cut & Bulbs	Oats	Spinach
Beets	Game Birds, Quail, Pheasants	Olives	Squash
Bentgrass Seed	Garlic	Onions, green and storage	Steelhead
Birdsfoot Trefoil Seed	Goat Products	Orchardgrass Seed	Straw
Blackberries	Gooseberries	Oysters	Strawberries
Blueberries	Gourds	Parsley	Sturgeon
Boysenberries	Grapes	Parsnips	Sugarbeets
Broccoli	Green Beans	Peaches	Sunflower, Oil & Seed
Brussel Sprouts	Greenhouse Crops	Pears	Swiss Chard
Buckwheat	Greens, cut	Peas, dry and green	Tomatoes
Cabbage	Halibut	Peppermint, Oil & Rootstock	Trees, deciduous
Canola	Hay	Peppers	Trout
Cantaloupes & Muskmelons	Hazelnuts	Perch	Tulips
Carrots	Herbs	Plants, Flowering and Foliage	Tuna
Cattle, Beef	Hogs and Pigs	Plums	Turf Sod
Cauliflower	Honey	Ponderosa Pine	Turkeys
Celery	Hops	Poplar Trees	Turnips
Cherries, Sweet & Tart	Horseradish	Potatoes	Umbrella Plant
Chickens	Horses and other equine	Prunes	Vegetable & Flower Seeds
Christmas Trees	Huckleberries	Pumpkins	Vetch Seed
Clams	Ice Cream	Quince	Walnuts
Clover Seed, Red	Iris	Rabbits	Wasabi
Cod	Jam	Radish Seed	Watermelon
Corn, Sweet & Grain	Jasmine	Radishes	Wheat
Cranberries	Juniper	Raspberries, Black & Red	Wool
Cucumbers	Kale	Red Snapper	Xeropyte (water succulent plant)
Currants, Red	<del>Kelp</del>	Reed Canarygrass Seed	Yams
Daffodils	<del>Kentucky</del> Bluegrass Seed	Rhubarb	Yogurt
Dairy Products	Kiwi Fruit	Rice, Wild	Zinnias
Dill for oil	Leeks	Rockfish	Zucchini
Dogwood Tree	Lentils	Rutabagas	
Douglas Fir	Lettuce	Rye	

