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. 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
