

The Fab Five Food Groups

What are They?

Fruit



Vegetables

Protein



Grains

Dairy



Importance:

Eating a well-balanced diet is so important for growing boys & girls



Trying a variety of food from each food group is the perfect recipe to grow big & strong



Foods from each food group are packed with nutrients such as vitamins, minerals, and fiber, which help keep our bodies healthy

Tips & Tricks for the Fab Five:

- "Taste the rainbow" when it comes to fruits & vegetables – always try a variety
- When eating grain products, opt for "100% whole grains" for fiber, which helps us go to the bathroom & keeps our hearts healthy
- Choose lean protein such as chicken and turkey, and try plant-based sources such as nuts & seeds
- Opt for low-fat or fat-free dairy products, such as in milks and cheeses

Health Effects

Fruit: Supports heart health, digestive health, and helps protect us from sicknesses & diseases



Vegetables: Supports heart health, digestive health, protects our eyes and skin, and helps protect us from sicknesses & diseases



Protein: Provides the building blocks for body tissues, skin, bones, and muscles; lean and plant-based sources support a lower fat intake which keeps our hearts healthy



Grains: Contains vitamins that give us tons of energy and minerals that keep our blood healthy; whole grains provide fiber which support both heart & digestive health



Dairy: Rich in vitamins and minerals that support bone and teeth growth; low-fat or fat-free products support a lower fat intake which keeps our hearts healthy

