

Name _____

Fruit and
vegetables

Potatoes, bread,
rice, pasta and
other starchy
carbohydrates

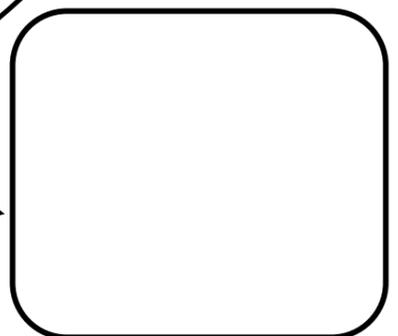
EVERYBODY
COUNTS



CommunityFoundation

Beans, pulses, fish,
eggs, meat and
other proteins

Dairy and
alternatives



Oil and spreads