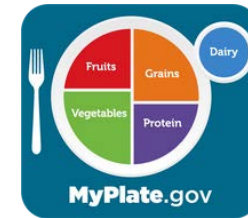


The 5 Food Groups: Make Healthy Choices



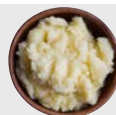
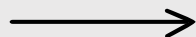
Foods in their most natural form often **give you more nutrients** and have little or no added sugars, fats, or salt. Keep reading to see how the nutrition of each food changes as it is processed.

Vegetables



Plain Baked Potato

- High fiber if eating the skin
- Typically cooked with no added fats



Mashed Potato with butter/salt

- Lower in fiber if peeled
- Higher in saturated fat and sodium due to added butter and salt



French Fries

- Often peeled, lower in fiber
- Deep-fried in oil, high amount of added fats

Fruits



Whole Apple

- Skin contains fiber
- Has healthy vitamins and minerals



Sweetened Applesauce

- Less fiber because skin was removed
- Higher in added sugars



Apple Pie

- Less fiber because skin was removed
- Higher amounts of added sugar and fat due to the filling and crust

Grains



Whole Wheat Bread

- Made with whole grains, higher in fiber



White Bread

- Made from refined grains, lower in fiber



Chocolate Cake

- Low in fiber
- High in added sugar and fat

Protein



Baked or Grilled Chicken

- Low in saturated (unhealthy) fat if skin is removed



Roasted Chicken with Skin

- Higher in saturated (unhealthy) fat



Fried Chicken

- Highest in saturated (unhealthy) fat and salt

Dairy



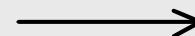
Low-Fat Milk

- Lower in saturated (unhealthy) fat
- Has healthy vitamins and minerals



Low-Fat Flavored Milk

- Contains added sugars
- Has healthy vitamins and minerals



Ice Cream

- Highest in saturated (unhealthy) fat
- Highest in added sugars