



IMPORTANT **FOOD GROUPS**

CARBOHYDRATES | YOUR BODY'S MAIN SOURCE OF ENERGY | PASTA, RICE, VEGETABLES WHOLE/DRIED, AND FRUITS

PROTEINS | THE BUILDING-BLOCKS OF YOUR BODY | EGGS, FISH, POULTRY, BEEF, SOY, AND NUTS/BEANS

FATS | YOUR BODY'S MAIN FORM OF STORED ENERGY | AVOCADO, OILS, SEEDS CHEESE, AND BUTTER

