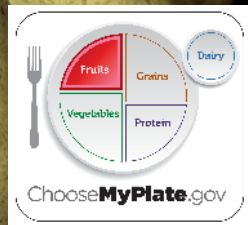


# Pears

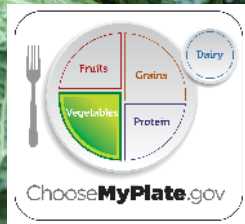
**A high fiber fruit**



**FRUIT FOOD GROUP**

# Leafy Greens

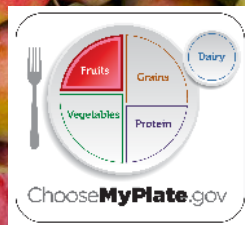
Rich in **VITAMINS** and  
minerals



VEGETABLE FOOD GROUP

# Apples

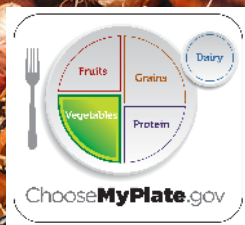
**Full of fiber and vitamin C**



**FRUIT FOOD GROUP**

# Onions

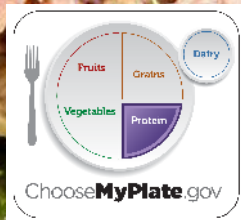
Rich in vitamins



VEGETABLE FOOD GROUP

# Tuna

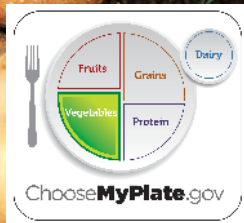
Full of healthy fats



**PROTEIN** FOOD GROUP

# Potatoes

More potassium than a banana

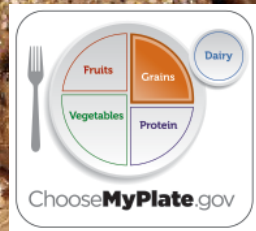


VEGETABLE FOOD GROUP



# Whole Grains

Feel **FULL** longer



**GRAINS FOOD GROUP**

# Beans & Lentils

Stay **FULL** longer  
with fiber and protein



PROTEIN FOOD GROUP