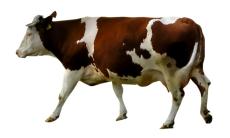
## **Nutrition overview:** Food groups



- ► Animal
  - **▶** Dairy
  - **▶** Protein



- **▶** Plant
  - **Fruits**
  - ▶ Vegetables
  - **▶** Grains
  - **▶** Protein

