Nutrition overview: Food groups

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

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

DishWithDina
Helping people embrace and develop new relationships with food.