Eating from a variety of food groups provides important and vital macro and micronutrients that are essential for growth, development and body function. Practicing portion control can improve energy, mood, and physical comfort.

**FRUITS**
Fruit is a great source of carbohydrates, fiber, and micronutrients. Fruit is rich in potassium, vitamin C, and folate. The fiber in fruit is vital for healthy digestive functioning.

**VEGETABLES**
Veggies provide essential micronutrients necessary for development and function. Studies repeatedly show people who eat a diet high in vegetables have fewer rates of chronic diseases.

**GRAINS**
Grains are a great source of energy in the form of carbohydrates, as well as B Vitamins. Whole grains can provide a good source of fiber and can be of benefit by providing a good environment for healthy bacteria to grow.

**PROTEIN**
Proteins provide structure for muscle tissue, bone and skin. Protein is essential for life sustaining chemical reactions in the body, internal communication of cells, immune support, and is a source of energy and regulation.

**DAIRY**
Dairy is considered an easy, convenient food group to get essential calcium to build bones, and a good source of protein. Dairy also includes phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin.

**Good nutrition can:**
- Build immunity
- Protect from chronic diseases.
- Help you maintain a healthy weight
- Improve your mood and enhance mental outlook.
- Improve memory.
- Strengthen bones and muscles.