



MyPlate Food Groups

Name _____

Listed below is a variety of foods. In the chart write the names of each food under the food group to which it belongs.

asparagus
soda
cheese puffs
blueberries
carrots
buttermilk
cheddar cheese
fruit yogurt
liver

shrimp
corn bread
jello
venison
orange juice
grapefruit
frozen yogurt
pork chops
duck

potatoes
macaroni
oatmeal
peanut butter
pecan muffins
pineapple
rice
tuna
walnuts

scrambled eggs
candy bar
tortillas
onions
milkshake
waffles
whipped cream
olive oil
sunflower seeds

Dairy

1. _____
2. _____
3. _____
4. _____
5. _____

Fruits

1. _____
2. _____
3. _____
4. _____

Grains

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Oils

1. _____

Protein

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Vegetables

1. _____
2. _____
3. _____
4. _____

Empty Calorie Foods

1. _____
2. _____
3. _____
4. _____
5. _____

