

3 out of 4

That's the Score...!
for a Healthy Meal!



Each food group is essential.

Choose 3 of the 4 food groups at each meal to:

- Manage weight
- Meet nutritional needs
- Provide variety

Limit

- Candy and chocolate
- Cake and cookies
- French fries and ice-cream
- Pop
- Energy drinks

Because they can be:

- High in fat
- High in calories
- Low in nutritional value

