

Solve the Food Puzzle



Selecting foods for your plate is a bit like putting together a puzzle. You may just have to turn the pieces to get them to fit. Different foods fit better together, add taste and texture. The vitamins and minerals can work well when you combine foods of different food groups. Adding fruits and or vegetables to meals can add more vitamins and minerals and help you absorb some of the other nutrients from protein or grains better. Solve the puzzle by trying to add more than one food group at each meal.. Easy? Try to add 3 or more food groups at a meal. How about 4 or all 5? When you see this puzzle piece on the menu, challenge yourself to add another food group to your plate!

