

The Food Guide Pyramid

Grocery Shopping List

Fresh Fruits/Vegetables	Dried Beans & Peas
Canned Fruits & Vegetables	Milk & Cheese
Bread, Cereal & Pasta	Meat, Poultry, Fish & Eggs
Miscellaneous	Frozen Foods

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

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November 2002
Publication Number: FDNS-NE 204