Combination Foods

There is one other category of food. This category is the fat and sugar category. Fat and sugar are not a food group. Fat and sugar are in many of the foods we eat, and our bodies need fat and sugar. However, foods that contain more fat and sugar than anything else are not good for us. Some examples of foods in this category are soda, candy bars, butter, and mayonnaise.

Many of the foods we eat are combined from different ingredients and different food groups. Break down each food into its ingredients. Use the code to mark which food group each ingredient belongs to.

Code:
B *(Bread)* — Breads, cereals, rice and pasta
F *(Fruits)* — Fruits
V *(Vegetables)* - Vegetables
P *(Protein)* — Meat, poultry, fish, dry beans, eggs, and nuts
D *(Dairy)* — Milk, cheese and yogurt
S *(Sugar)*   — *Sugar and fat *remember this is not a food group**

	Ingredients	Code
Ex. Fajita with guacamole	Tortilla	B
	Meat	P
	Avocado	F
Ex. French fries	Potato	V
	Oil	S

1. Pepperoni pizza

2. Lasagna

3. Cheese enchilada

4. Peanut butter & jelly sandwich

5. Cheeseburger with mayonaise
    and pickles