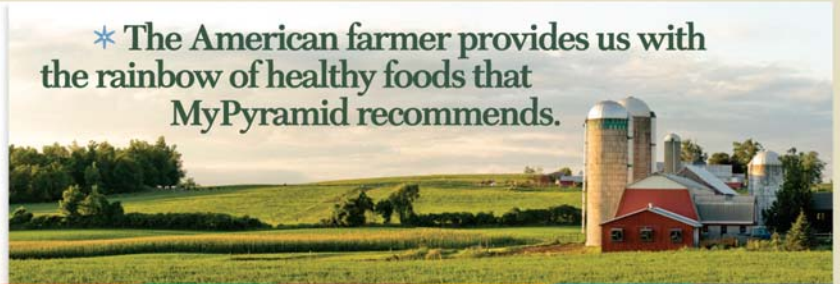


THE Farmer Grows a Rainbow

* The American farmer provides us with the rainbow of healthy foods that MyPyramid recommends.



GRAINS

Farmers grow fields of grains like wheat, rice, oats, cornmeal and barley that can be made into foods like:



Grains give us energy and fiber.



VEGETABLES

Vegetable farmers provide us with a variety of healthy foods from their gardens & fields like:



Vegetables are rich in vitamins A, E and C.



FRUITS

Some farmers care for orchards and vineyards where fruits are grown. They grow fruits like:



Fruits are high in potassium, fiber and vitamin C.



OILS

Oils come from many different plants and even fish. Foods in the oils group are used:



Oils contain essential fatty acids and vitamin E.



MILK

Farmers can also own a dairy. Dairy cows are cared for & milked to give us the foods we find in the milk group:



Foods in the milk group have calcium and vitamin D.



MEAT & BEANS

Some farmers produce cattle, poultry, catfish & even beans. In the meat and bean group, you will find food like:



The meats and beans group is high in protein and iron.