A food group is a collection of foods that share similar nutritional properties or biological classifications. Nutrition guides typically divide foods into food groups and recommend daily servings of each group for a healthy diet. In the United States for instance, USDA has described food as being in from 4 to 11 different groups.

Food Pyramid in Bangladesh

Vegetable Fats and Oils, Sweets, and Salt
EAT SPARINGLY

Low-Fat or Non-Fat, Milk, Yogurt, Fresh Cheese, and fortified Alternative Group
2 - 3 Servings
EAT MODERATELY

Legume, Nut, Seed, and Meat Alternative Group
2 - 3 Servings
EAT MODERATELY

Vegetable Group
3 - 5 Servings
EAT GENEROUSLY

Fruit Group
2 - 4 Servings
EAT GENEROUSLY

Whole Grain Bread, Cereal, Pasta, and Rice Group
6 - 11 Servings
EAT LIBERALLY

Food Pyramid in Bangladesh

☐ Dairy also called milk products and sometimes categorized with milk alternatives or meat, is typically a smaller category in nutrition guides. Examples of dairy products include milk, butter, ghee, yogurt, cheese, cream and ice cream, is typically a very small category in nutrition guides, if present at all, and is sometimes listed apart from other food groups. The categorization of dairy as a food group with recommended daily servings has been criticized by, for example, the Harvard School of Public Health. The HSPH points out that "research has shown little benefit, and considerable potential for harm, of such high dairy intakes. Moderate consumption of milk or other dairy products—one to two servings a day—is fine, and likely has some benefits for children. But it's not essential for adults, for a host of reasons."

Milk and Dairy Products

☐ Fruits, sometimes categorized with vegetables, include apples, oranges, bananas, berries and lemons. Fruits are carbohydrates, like sugar, dairy, grains, and starches.

Seasonal Fruits

☐ Grains, beans and legumes, grains are also called cereals and sometimes inclusive of potatoes and other starches, is often the largest category in nutrition guides. Examples include wheat, rice, oats, barley, bread and pasta. An example of beans would be baked beans and soy beans, while an example of legumes would be lentils and chickpeas.

Cereals and grains

□Our body needs protein to make new cells during growth and to replace old or damaged cells. Proteins are made up of lots of smaller amino acids joined together; there are about 20 different types of amino acids. The foods below are rich in protein. Meat, sometimes labeled protein and occasionally inclusive of legumes, eggs, meat analogues and/or dairy, is typically a medium- to smaller-sized category in nutrition guides. Examples include chicken, fish, turkey, pork and beef.

Fish and Meat

□ Vegetables, sometimes categorized with fruit and occasionally inclusive of legumes, is typically a large category second only to grains, or sometimes equal or superior to grains, in nutrition guides. Examples include spinach, carrots, onions, peppers, and broccoli.

Fruits and Vegetables

☐ Water makes up roughly 65% of our body weight. We take in water when we eat and drink.

Water is important because:

- Chemical reactions in our cells take place in water.
- Waste products are passed out of our bodies in water.
- Our blood transports substances that are dissolved in water
- Water is in sweat that cools us down

Water is sometimes categorized with tea, fruit juice, vegetable juice and even soup, and is typically recommended in plentiful amounts.

Water and fluid