

**5 Food Group Shopping List**

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Breads  
Cereal  
Grains  
Pasta  
Legumes

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Meat  
Poultry  
Fish  
Eggs  
Cheese

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Milk  
Yogurt

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Fruits  
Vegetables

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Oil  
Margarine  
Mayonnaise  
Salad  
Dressing  
Butter

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