

Food Picture Cards

Congratulations on your set of Food Picture Cards. These are designed for use with your Dairy Council of California nutrition education program. Each food picture category represents a MyPlate food group plus mixed foods.

These are for you to keep and take if you change grades or classrooms. Cards are not replaced yearly.

Find these and more photos online at

[HealthyEating.org/FoodGallery](https://www.healthyeating.org/foodgallery)



How to order the complete program including student workbooks.

Login to HealthyEating.org/Schools to order materials and access online only resources.

For California Teachers Only:

You need to request your additional free student materials annually. Materials will not be automatically sent.

- Login to HealthyEating.org to order materials.

OR

- Complete and return the order card or email that is periodically sent to you.

Contact Us

Email Info@DairyCouncilofCA.org

California toll free 877.324.7901

Outside CA 866.572.1359



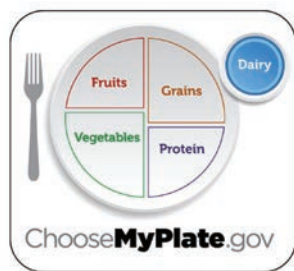
Cheddar cheese

Dairy

Spanish

Queso cheddar

Lácteos





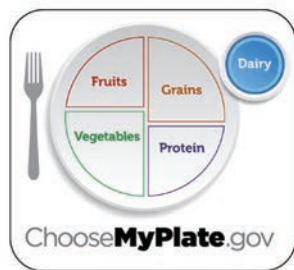
Mozzarella cheese

Dairy

Spanish

Queso Mozzarella

Lácteos





String cheese

Dairy

Spanish

Queso para deshebrar

Lácteos





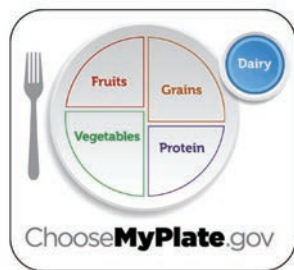
Cottage cheese

Dairy

Spanish

Queso cottage

Lácteos





Milk Dairy

Spanish Leche Lácteos



Food Fact

Whole, low-fat and fat-free milk all contain the same nutrients.



Plain yogurt

Dairy

Spanish

Yogur natural

Lácteos



Food Fact

Yogurt like all dairy foods is a good source of protein.



Fruit-flavored yogurt

Dairy

Spanish

Yogur con sabor a fruta

Lácteos





Vitamins A&D

CHOCOLATE
MILK

Lowfat
Some
of the Best

Lowfat Milk

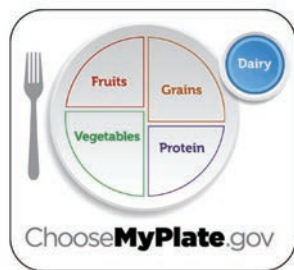
Chocolate milk

Dairy

Spanish

Leche de chocolate

Lácteos





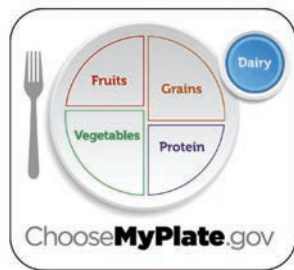
Lactose-free milk

Dairy

Spanish

Leche deslactosada

Lácteos



Food Fact

Contains the same nutrients as real milk without the lactose.



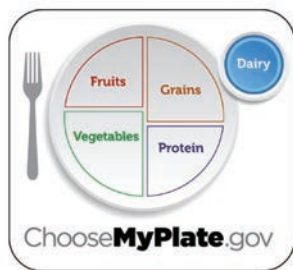
Soy beverage

Dairy

Spanish

Bebida de soya

Lácteos



Food Fact

Check the label to make sure it includes calcium for strong bones.



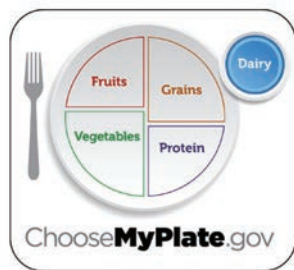
Parmesan cheese

Dairy

Spanish

Queso parmesano

Lácteos





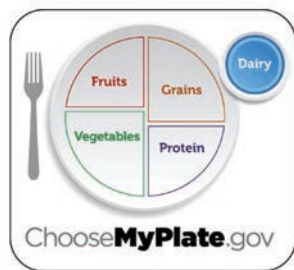
Colby cheese

Dairy

Spanish

Queso Colby

Lácteos

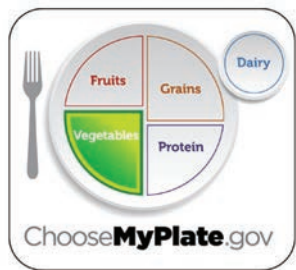




Avocado Vegetables

Spanish

Aguacate Verduras



Food Fact

Fruit contains the seeds of a plant. Though it is botanically a fruit, avocados are in the Vegetables Group because we eat avocados in a similar way to vegetables.

(credit: ChooseMyPlate.gov)



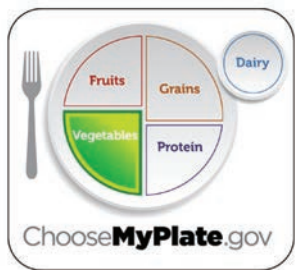
Broccoli

Vegetables

Spanish

Brócoli

Verduras

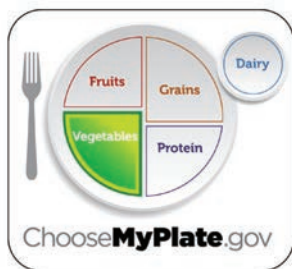




Carrot Vegetables

Spanish

Zanahoria Verduras





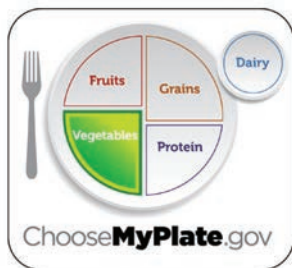
Kale

Vegetables

Spanish

Col rizada

Verduras

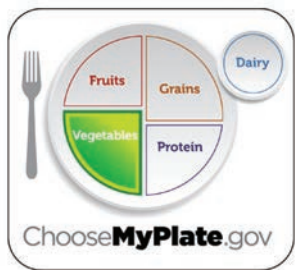




Lettuce Vegetables

Spanish

Lechuga Verduras





Bell pepper

Vegetables

Spanish

Pimiento

Verduras





Potato Vegetables

Spanish

Papa Verduras





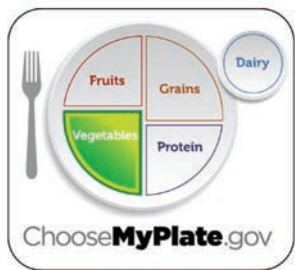
Green beans

Vegetables

Spanish

Ejotes

Verduras

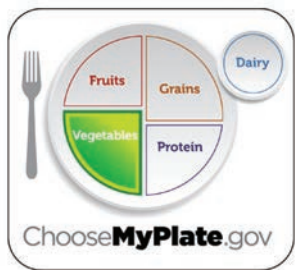




Tomato Vegetables

Spanish

Tomate Verduras



Food Fact

Fruit contains the seeds of a plant. Though it is botanically a fruit, tomatoes are in the Vegetables Group because we eat tomatoes in a similar way to vegetables.

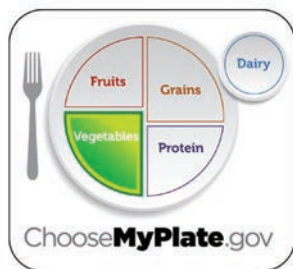
(credit: ChooseMyPlate.gov)



Cauliflower Vegetables

Spanish

Coliflor Verduras





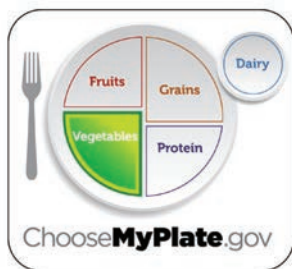
Yellow squash

Vegetables

Spanish

Calabaza amarilla

Verduras





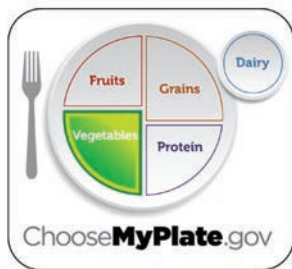
Sweet potato

Vegetables

Spanish

Camote

Verduras





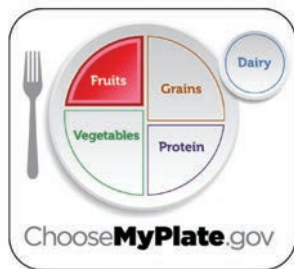
Apple

Fruits

Spanish

Manzana

Frutas





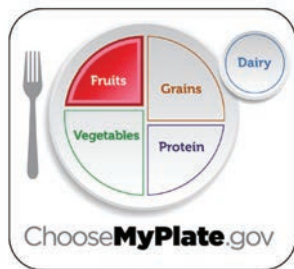
Peach

Fruits

Spanish

Durazno

Frutas





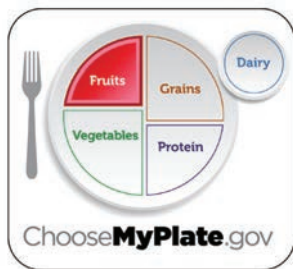
Strawberries

Fruits

Spanish

Fresas

Frutas





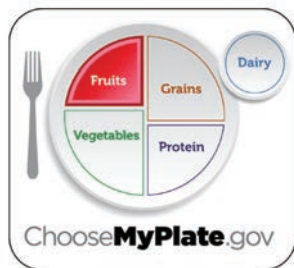
Cantaloupe

Fruits

Spanish

Melón

Frutas





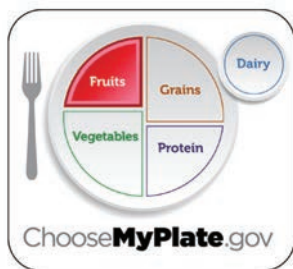
Grapes

Fruits

Spanish

Uvas

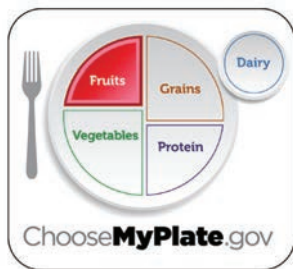
Frutas





Kiwi Fruits

Spanish
Kiwi
Frutas





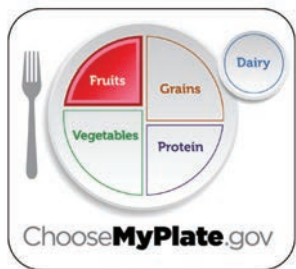
Mango

Fruits

Spanish

Mango

Frutas





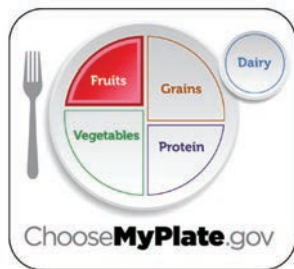
Orange juice

Fruits

Spanish

Jugo de naranja

Frutas



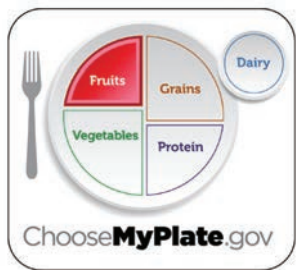
Food Fact

Select 100% juice and limit amount to 6 ounces/day.



Pear Fruits

Spanish
Pera
Frutas





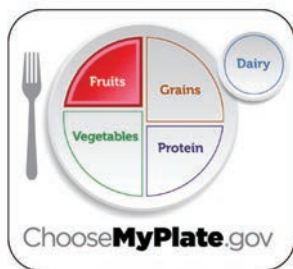
Pineapple

Fruits

Spanish

Piña

Frutas



Food Fact

Canned in fruit juices or fresh fruits contain the same nutrients.



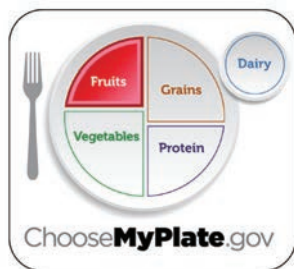
Raisins

Fruits

Spanish

Pasas

Frutas





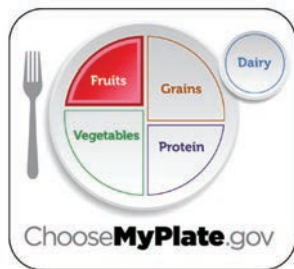
Watermelon

Fruits

Spanish

Sandía

Frutas





Bagel Grains

Spanish
Bagel
Granos





Cereal Grains

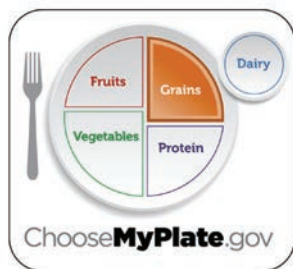
Spanish
Cereal
Granos





Crackers Grains

Spanish
Galletas
Granos





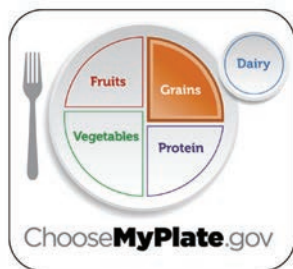
English muffin

Grains

Spanish

Panecillo inglés

Granos





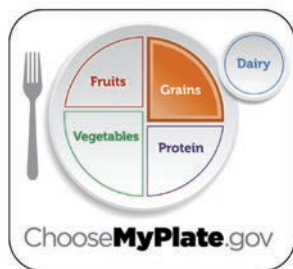
Graham cracker

Grains

Spanish

Galleta de canela

Granos

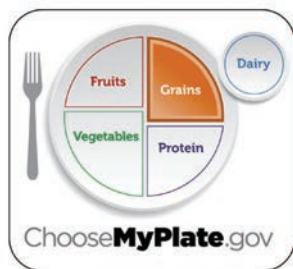




Oatmeal Grains

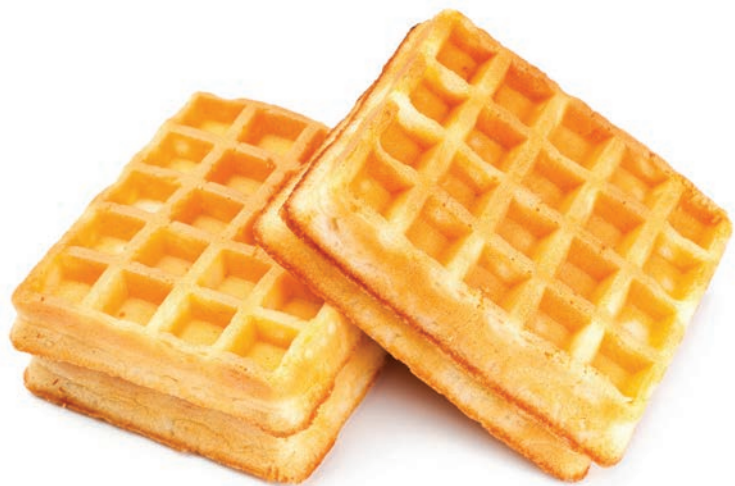
Spanish

Avena
Granos



Food Fact

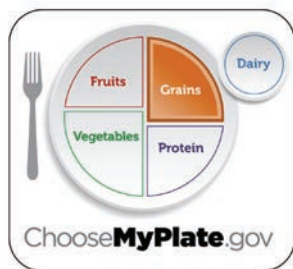
Oatmeal is a whole grain choice.



Whole-grain waffle Grains

Spanish

Waffle integral Granos





Pasta Grains

Spanish

Pasta Granos

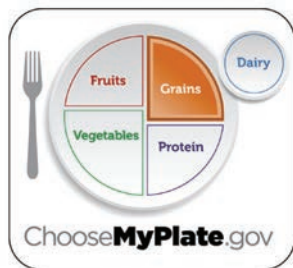




Popcorn Grains

Spanish

Palomitas Granos



Food Fact

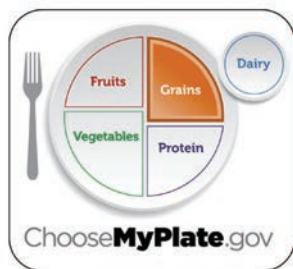
Popcorn is a whole grain choice.



White or brown rice Grains

Spanish

Arroz
Granos





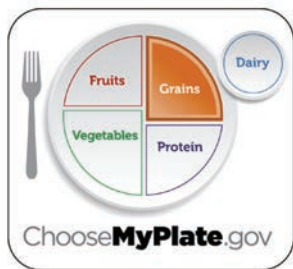
Corn or flour tortilla

Grains

Spanish

Tortillas de maíz o harina

Granos



Food Fact

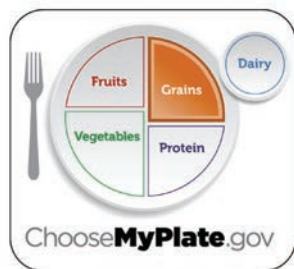
Corn tortillas are a whole grain choice.



Whole-grain bread Grains

Spanish

Pan integral Granos





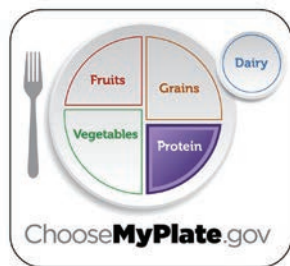
Black beans

Protein

Spanish

Frijoles negros

Proteína



Food Fact

Beans, including black beans, can count as either a vegetable or a protein food.



Chicken Protein

Spanish
Pollo
Proteína





Eggs

Protein

Spanish

Huevos

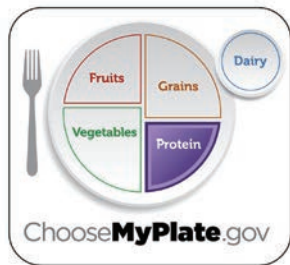
Proteína





Steak Protein

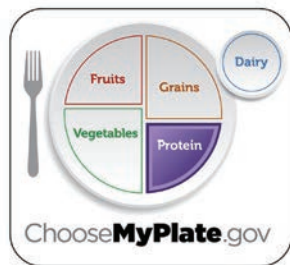
Spanish
Bistec
Proteína





Tuna Protein

Spanish
Atún
Proteína





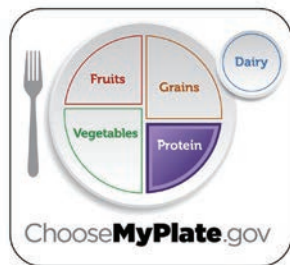
Tofu

Protein

Spanish

Soya cuajada (tofu)

Proteína



Food Fact

Tofu is made from soybeans. It is a vegetarian protein food.



Turkey lunch meat Protein

Spanish

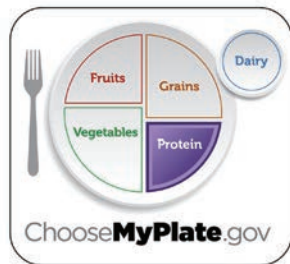
Carne fría de pavo Proteína





Nut butters: peanut butter, sunflower butter

Protein



Spanish

Cremas de nueces: crema de cacahuete, crema de girasol

Proteína



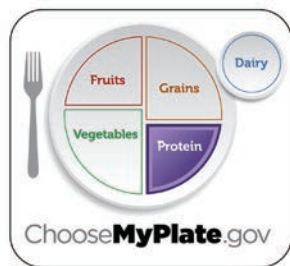
Nuts

Protein

Spanish

Nueces

Proteína

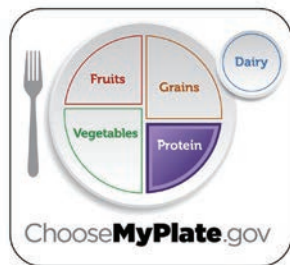




Ground beef Protein

Spanish

Carne molida Proteína





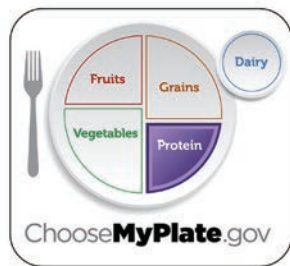
Fish

Protein

Spanish

Pescado

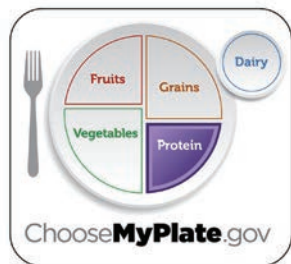
Proteína





Chickpeas and hummus

Protein



Spanish

Garbanzos y hummus

Proteína

Food Fact

Beans, including chickpeas, can count as either a vegetable or a protein food.



Bacon
"extras"

Spanish
Tocino
"extras"





Potato chips

“extras”

Spanish

Papitas

“extras”





Chocolate or sour candy

“extras”

Spanish

Dulce amargo

“extras”





Cookies, cupcake or donut

“extras”

Spanish

Galletas, pastelitos o donas

“extras”





French fries
"extras"

Spanish

Papas fritas
"extras"





Apple pie

"extras"

Spanish

Pastel de manzana

"extras"





Sports or soft drink “extras”

Spanish

Bebidas deportivas o soda “extras”





1 TBSP	2 TBSP	3 TBSP	4 TBSP	5 TBSP	6 TBSP	7 TBSP	8 TBSP
1/4 CUP				1/3 CUP		8 TBSP = 1 STICK = 1/2 CUP	
NET WT. 4 OZ. (113g)							

Cream cheese, butter or sour cream “extras”



Spanish

Queso crema, mantequilla o crema agria “extras”

Food Fact

Use a small amount of condiments to add flavor to food.



Honey, syrup or jelly “extras”

Spanish

Miel, jarabe o jalea “extras”



Food Fact

Use a small amount of condiments to add flavor to food.



Soy sauce, salad dressing, mayonnaise, mustard or ketchup
“extras”



Spanish

Salsa de soya, aderezo para ensalada, mayonesa, mostaza o ketchup
“extras”

Food Fact

Use a small amount of condiments to add flavor to food.



Breakfast sandwich: bread, eggs and cheese

Dairy, Grains, Protein

Spanish

Sándwich para desayuno: pan, huevos y queso

Lácteos, Granos, Proteína



**Chicken noodle soup:
chicken broth, chicken
meat, pasta noodles,
carrots, celery**

Vegetables, Grains, Protein

Spanish

**Sopa de pollo con fideos:
caldo de pollo, pollo,
pasta, zanahorias, apio**

Verduras, Granos, Proteína



Macaroni and cheese:
pasta, cheese, milk
Dairy, Grains

Spanish

Macarrones y queso:
pasta, queso, leche
Lácteos, Granos



Nut butter and jelly sandwich: bread, nut butter, jelly

Grains, Protein, “extras”

Spanish

Sándwich de crema de nueces y jalea: pan, crema de nueces, jalea

Granos, Proteína, “extras”

Food Fact

Jam and jelly are made from fruit; the added sugar makes them “extras.”



Turkey sandwich: whole-wheat bread, turkey, cheese, lettuce, tomato, onion, mustard

Dairy, Vegetables, Grains, Protein, "extras"

Spanish

Sándwich de pavo: pan integral, pavo, queso, lechuga, tomate, cebolla, mostaza

Lácteos, Verduras, Granos, Proteína, "extras"



**Burrito: cheese, beans,
meat, rice, lettuce, tomato,
avocado, tortilla**

Dairy, Vegetables, Grains, Protein

Spanish

**Burrito: queso, frijoles,
carne, arroz, lechuga,
tomate, aguacate, tortilla**

Lácteos, Verduras, Granos, Proteína



Cheese pizza: crust, tomato sauce, cheese

Dairy, Vegetables, Grains

Spanish

Pizza de queso: costra, salsa de tomate, queso

Lácteos, Verduras, Granos



Spaghetti: noodles, meat, tomato sauce, parmesan cheese

Dairy, Vegetables, Grains, Protein

Spanish

Espagueti: pasta, carne, salsa de tomate, queso parmesano

Lácteos, Verduras, Granos, Proteína