



MyPyramid Provides Essential Nutrients

Food Group	Nutrients Provided
Grain	Complex carbohydrates, fiber, riboflavin, niacin, thiamin, protein, magnesium and iron
Vegetables	Fiber, carbohydrates, Vitamin A, Vitamin C, folate, potassium and magnesium
Fruit	Fiber, carbohydrates, Vitamin A, Vitamin C, and potassium
Meat, poultry, fish, dry beans, eggs and nuts	Protein, phosphorus, Vitamin B6, Vitamin B12, zinc, magnesium, iron, niacin, thiamin, fat, saturated fats and cholesterol are found in animal products
Milk, Yogurt and Cheese	Calcium, riboflavin, protein, carbohydrates, Vitamin B12, when fortified Vitamins A and D.
Oils	Fat, Vitamin E, and when fortified Vitamins A and D

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