FOOD GROUPS
DEFINITION

- Grouping of food stuff according to their similar nutritive contents.
- Can be from both Animal & Plant origin.
- One group usually have more than one type of food constituents/products.
GROUPED PLACEMENT
The Balance of Good Health

- Fruit and vegetables
- Bread, other cereals and potatoes
- Meat, fish and alternatives
- Foods containing fat
- Milk and dairy foods
- Foods containing sugar

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11 CATEGORY FOOD GROUPS

- Cereals and Millets
- Pulses and Legumes
- Nuts and oil seeds
- Vegetables
- Fruits
- Milk and Milk products
- Egg
11 CATEGORY FOOD GROUPS

- Meat, fish and other fleshy foods
- Fats and oils
- Sugar and Jaggery
- Spices and condiments