

**Chapter 2: The Farming Revolution and Its Consequences**

<b>Twelve Food Groups</b> (USDA Categorization of 1933)	
Milk	
Lean Meat, Poultry, and Fish	
Eggs	
Dry Beans, Peas, and Nuts	
Tomatoes and Citrus Fruits	
Leafy Green and Yellow Vegetables	
Other Vegetables and Fruits	
Potatoes and Sweet Potatoes	
Flours and Cereals	
Butter	
Other Fats	
Sugars	

<b>Six Food Groups</b> (USDA Categorization of 1980–2004)	
Grains	Milk (Dairy)
Vegetables	Meat and Beans
Fruit	Fats, Oils, and Sweets

<b>Six Food Groups</b> (USDA Categorization 2005)	
Grains	Milk (Dairy)
Vegetables	Meat and Beans
Fruit	Oils

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<b>TABLE 2.1 COMPARISON OF FOOD GROUPS</b>	
<b>USDA 2005 Food Groups</b>	<b>Bond Effect Food Groups</b>
Grains (Bread, cereals, rice, and pasta)	Grains (Bread, cereals, rice, and pasta)
Vegetables	Vegetables (Starchy)
	Vegetables (Non-Starchy)
Fruit	Fruit
Milk and Dairy (Milk, Yogurt, and Cheese)	Milk, Yogurt, and Cheese
Meat and Beans (Meat, fish, poultry, dry beans, nuts, and eggs)	Meat, Poultry, Eggs, and Fish
	Dry Beans, Peas
	Nuts
Oils	Fats and Oils
	Sugars and Sweeteners
	Beverages
	Salt and Sodium