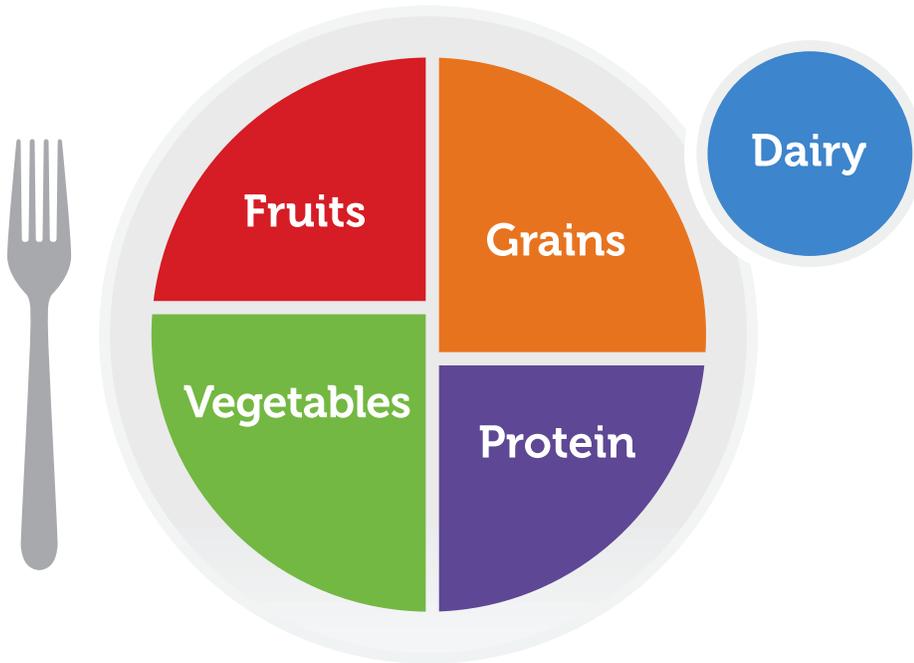


Start Simple, With MyPlate

Choose foods from all the color groups everyday.
Choose to eat more fruits and vegetables!



MyPlate.gov

FRUIT

Eat more fruit, drink less juice.



GRAINS

Choose whole grains like brown rice, oats, and whole grain bread.



PROTEIN

Eat lean protein like chicken, fish, nuts, and beans.



VEGETABLES

Eat at least 2 servings of vegetables every day.



DAIRY

Choose low-fat or fat free dairy, like 1% or skim milk, and sugar free yogurt.

