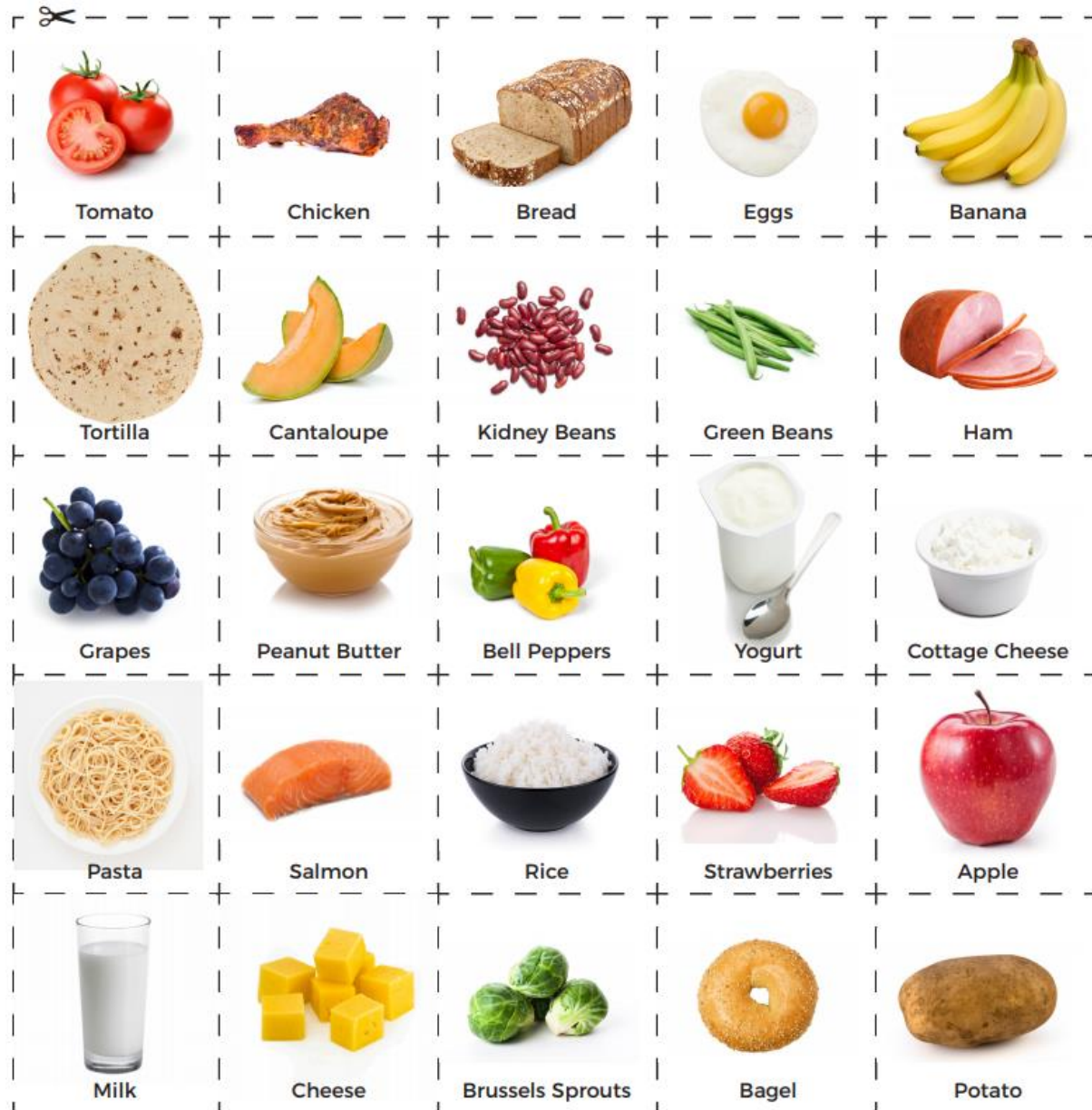
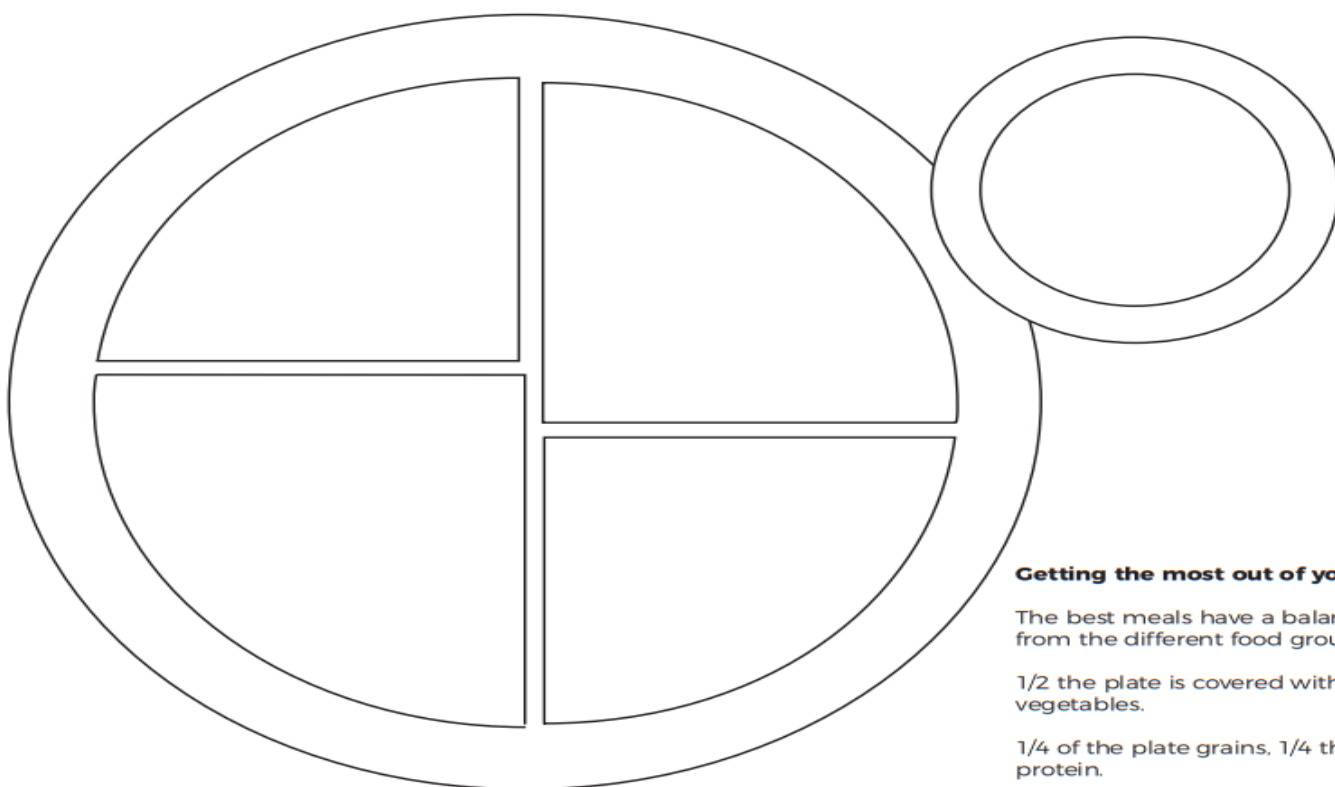


Cut the foods out and build your meal by gluing them to the correct area on the my plate sheet. You can also draw your own healthy foods.





Getting the most out of your meals:

The best meals have a balance of items from the different food groups.

1/2 the plate is covered with fruits and vegetables.

1/4 of the plate grains, 1/4 the plate protein.

Drink fat-free or low-fat milk instead of soda or other sugary drinks.

Avoid oversized portions.