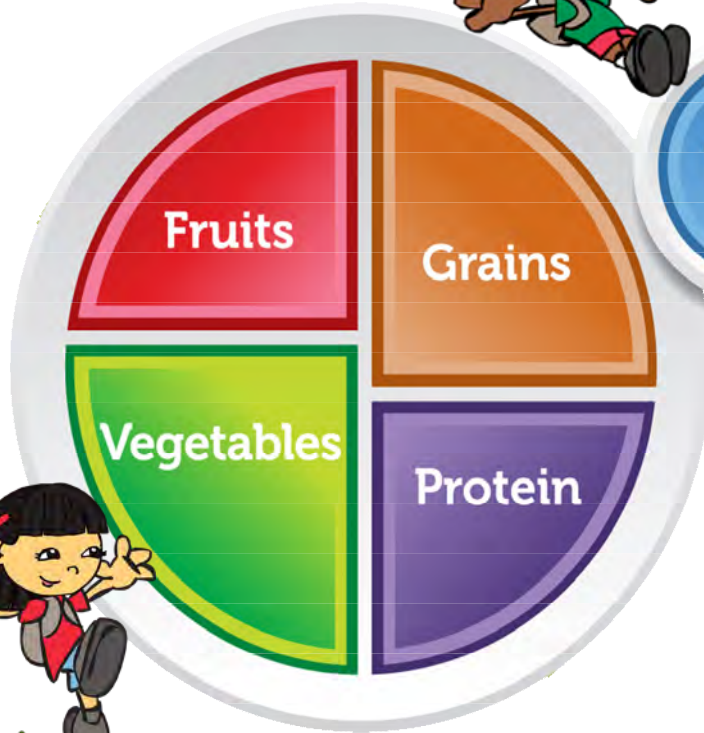
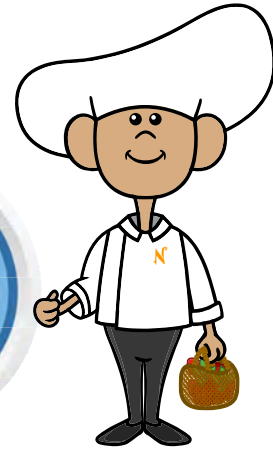




My Plate Colors

Be active every day!



A healthy meal has food from all the food groups



orange



grains



green



vegetables

red



fruits



yellow



fats and oils



blue



milk and dairy products

purple



meat, beans, fish, and nuts

