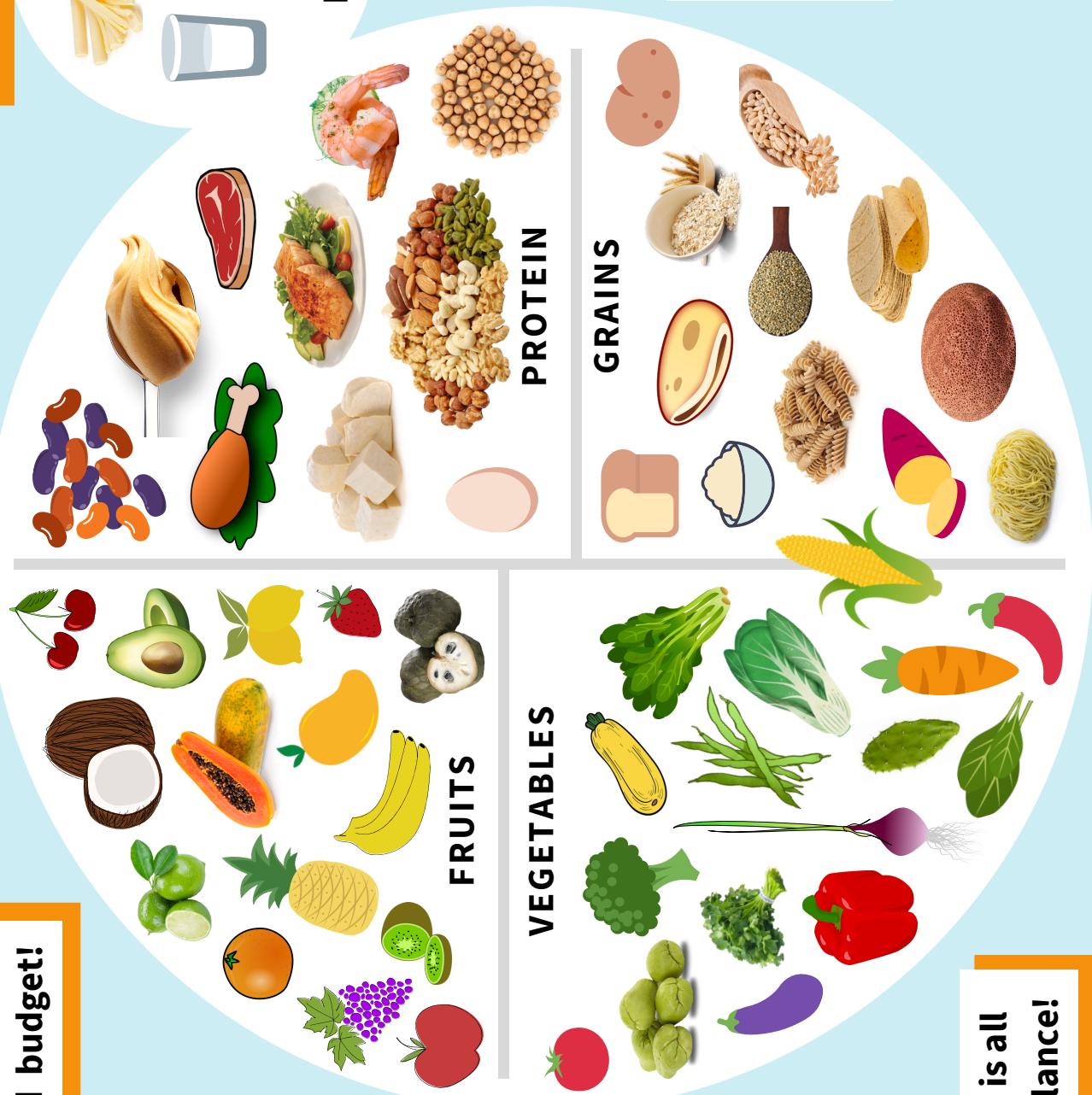


MyPlate

Eat fresh, frozen,
and canned fruits
and vegetables for
health and budget!



Look for dairy and milk alternatives
with calcium and Vitamin D!



Vary your protein sources
for the most nutrition

Try to make half your
grains whole grains!
Look for whole grains
as the first ingredient.

**Solid
Ground**

Building community to end poverty

MyPlate is all
about balance!