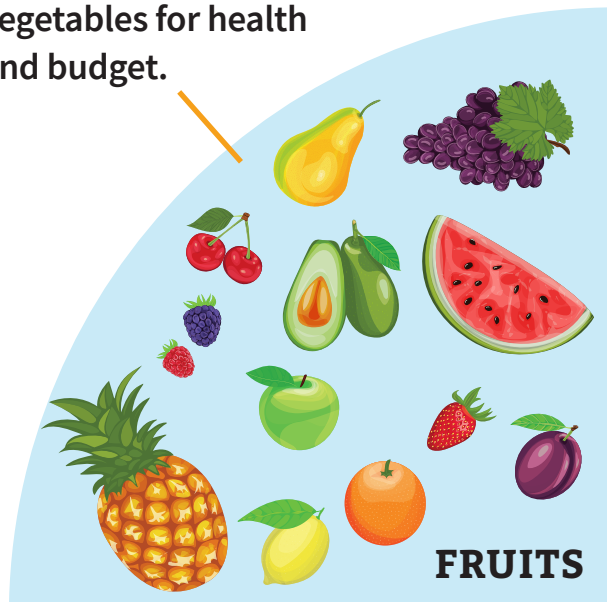
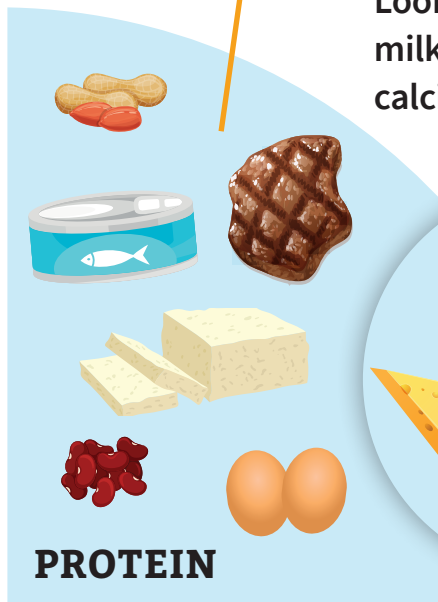


MyPlate

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



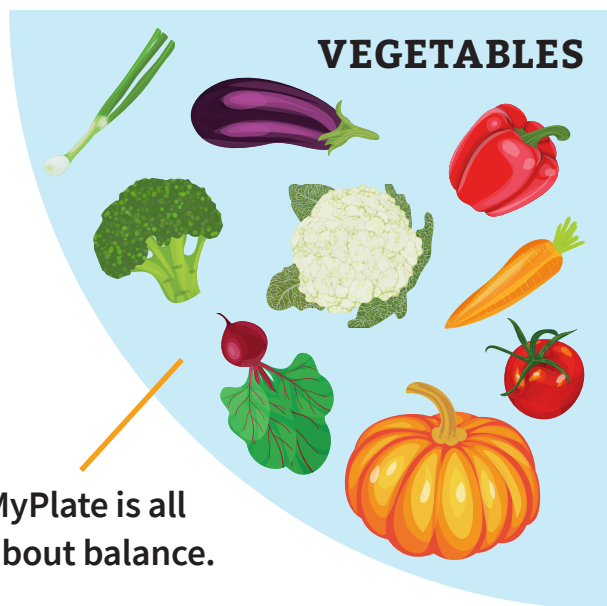
Vary your protein sources for the most nutritional value.



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

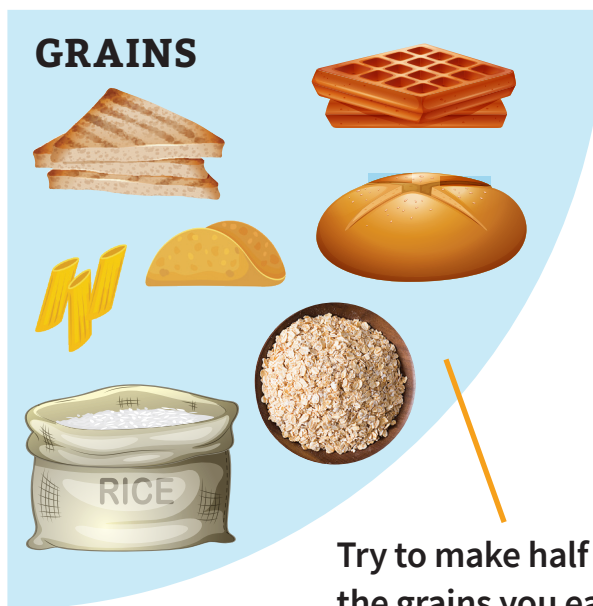


VEGETABLES



MyPlate is all about balance.

GRAINS



Try to make half of the grains you eat be whole grains! Look for whole grains as the first ingredient.