

WHAT'S ON YOUR PLATE?



Fill half your plate with fruits and veggies for color and crunch!

List three of your favorites:

1. _____
2. _____
3. _____

Whole grains are great!
Try brown rice, whole-wheat pasta or bread.

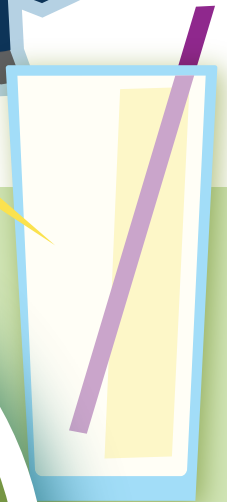
List three of your favorites:

1. _____
2. _____
3. _____

When you dish up your plate, what does it look like?
Look below for fun ways to fill your plate with yum!



Milk is a great way to power up your meals!



Dish up some protein like chicken, fish or beans.

List three of your favorites:

1. _____
2. _____
3. _____