

## Grains

provide energy and healthy digestion

Make half your grains whole grains.

## Proteins

Help to build healthy muscles

Choose lean meats for a heart healthy diet: 1-3 oz serving is enough.

## Dairy

Helps support strong bones and teeth

Choose Skim or 1% milk and dairy products.

## Fruits

Supports a healthy immune system

Make half your plate fruits...

## Veggies

Supports healthy skin and eyes

...and veggies

Choose darker vegetables for more nutrients