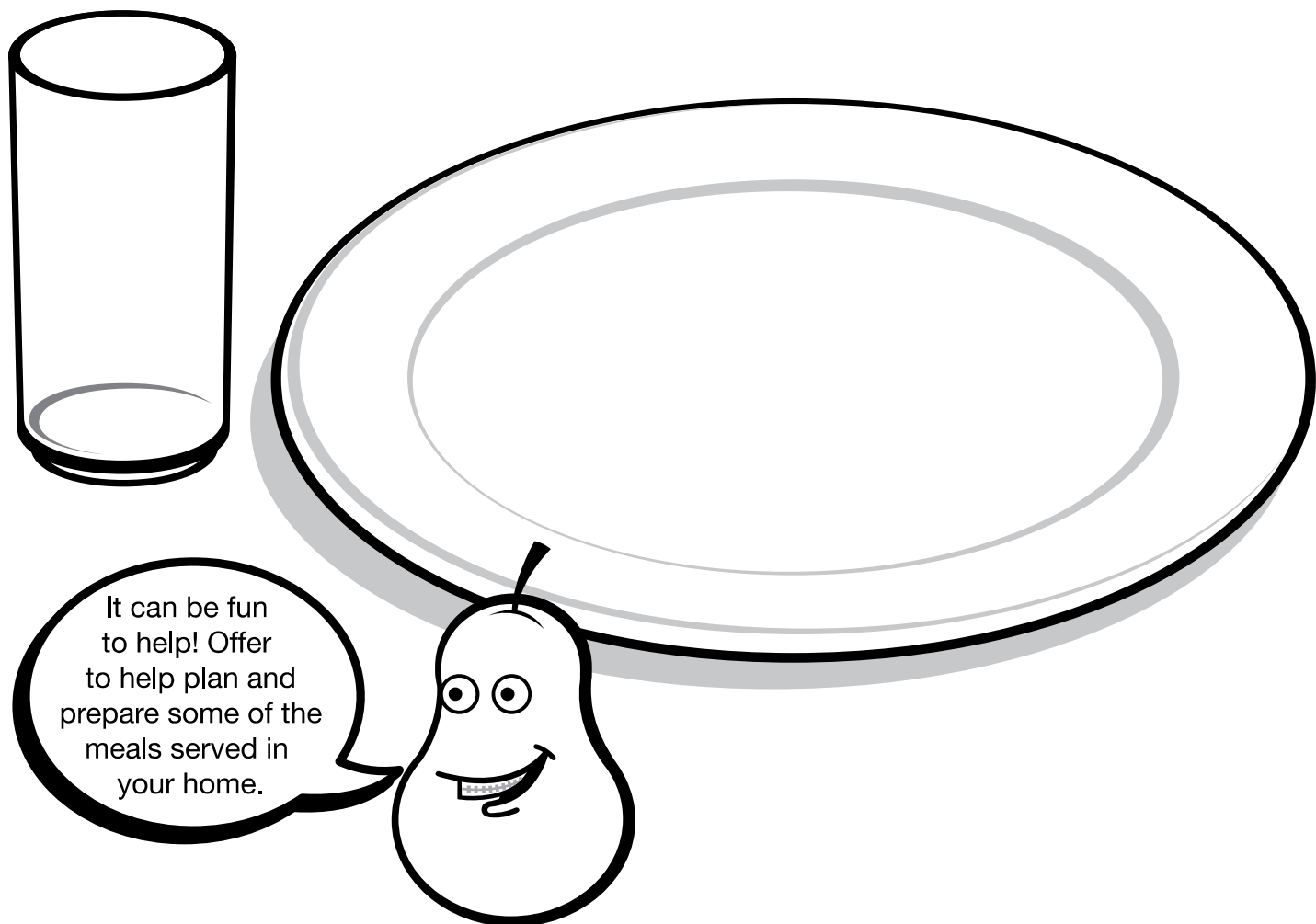


Build a Healthy Plate

Build a fantastic meal by using foods from all the 5 food groups - grains, vegetables, fruits, milk, and meat or beans. Be sure to add a nutritious beverage such as low-fat milk or water to your meal.



It can be fun to help! Offer to help plan and prepare some of the meals served in your home.



Did you build a fantastic meal by using foods from all the 5 food groups - grains, vegetables, fruits, milk and meat or beans? Healthy foods from these group help our bodies to grow and be strong.



Did you add a nutritious beverage such as low-fat milk or water to your meal? Water is a winner and is the best thirst quencher. Low-fat or fat free milk is also a great choice because it is a nutrition powerhouse!